NATURE'S LAW

—OF—

HEALTH AND DISEASE

—AND—

THE LADIES' TOILET

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NATURE'S LAW
OF HEALTH AND DISEASE

AND

THE LADIES' TOILET

A Concise, Up-to-Date Family Medical Work
and Ladies' Companion

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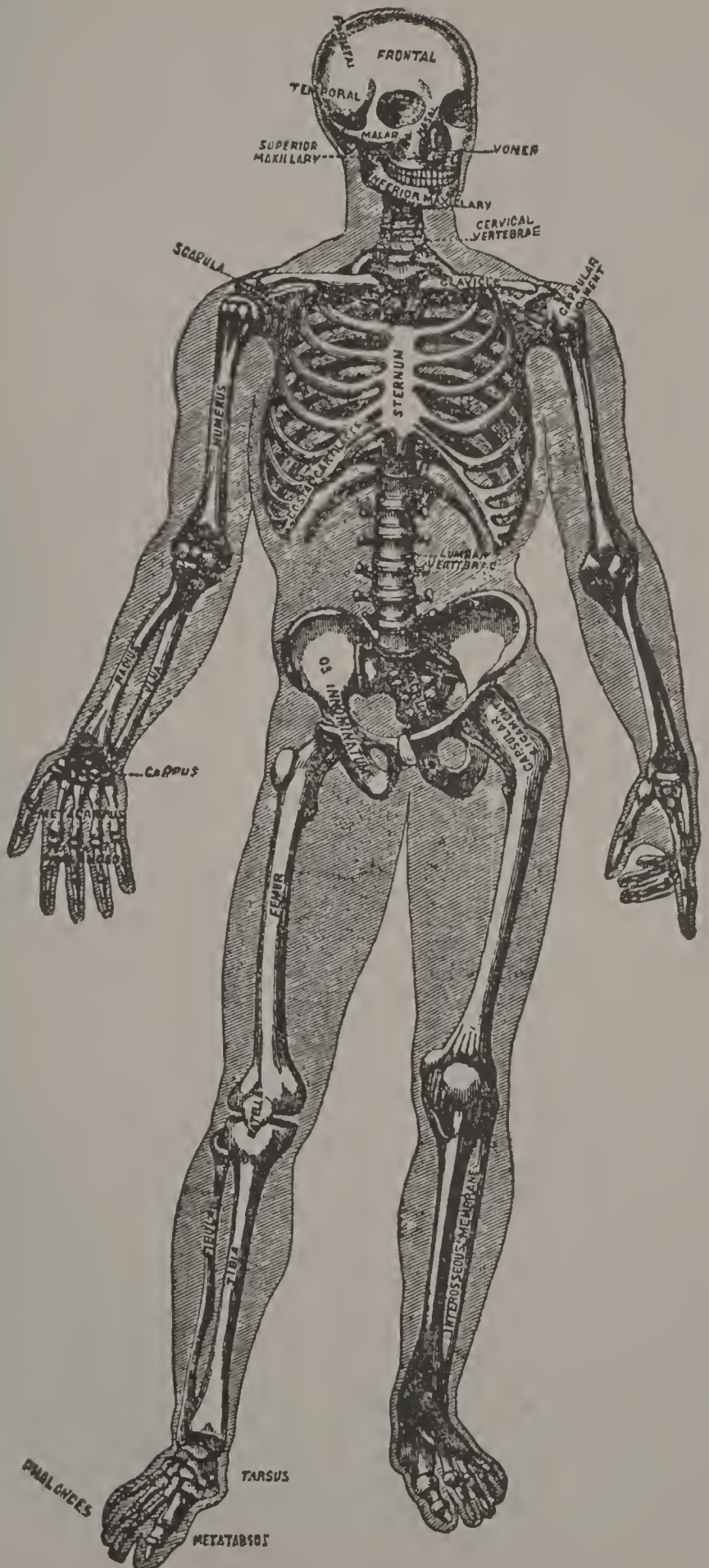
FIG. 1


FRONTAL
TEMPORAL
MALAR
SUPERIOR MAXILLARY
VOMER
INFERIOR MAXILLARY
CERVICAL VERTEBRAE
SCAPULA
CLAVICLE
CAPSULAR LIGAMENT
STERNUM
HUMERUS
LUMBAR VERTEBRAE
OS INNOMINATUM
CAPSULAR LIGAMENT
RADIUS
ULNA
CARPUS
FEMUR
PATELLA
TIBIA
FIBULA
INTEROSSEOUS MEMBRANE
TARSUS
METATARSUS
PHALANGES

Health and Disease.

INTRODUCTORY.

In presenting this family medical work to the public, I hope to be able to reach and relieve of physical or mental suffering, many of the sick and afflicted who are believed to be beyond all medical aid, and who, by their many days and nights of suffering, have given up all hope of recovery. As my methods of treatment are mostly along new and original lines, I shall give a short review of all medical science to show its gradual development and advancement.

CHAPTER I.

Medical science is a product of the Greek mind. In many temples of the Greek islands the priests were supposed to be descendants of Aesculapius, and they formed a hereditary caste of physicians. In these temples the serpent was worshipped as a symbol of eternity and a cock was commonly sacrificed to Aesculapius by grateful devotees. The most famous of the Aesculapius priests was Hippocrates, who lived about 400 years B. C., and was educated at Kos. Some of his books have survived. His methods of diagnosis, his clinical maxims and some of his sayings live for all time; but his work was founded

more upon clinical observation than upon anatomical knowledge. Later the Greek colonists of Egypt established a school of truly scientific medicine. Of the many famous names associated with the Alexandrian school, that of Galen is the greatest. He lived about 140 A. D. Unlike Hippocrates, he was a skilled anatomist, and a bold pioneer in all the provinces of medicine. So dominant were his ability and reputation that for thirteen hundred years medical science remained stereotyped as he left it. Science, however, still flourished among the Arabs of Bagdad and Cordova, who inherited from the Greeks the knowledge which Christians ignored or despised; and the names of Avicenna and Averroes still shine in the annals of medicine. Famous schools of medicine arose at Pisa and Padua in Italy, and at Montpellier in France, in the 13th and 14th centuries, and gradually took the place of that of Salerno. Other distinguished schools of older date were those of Paris and Bolonga.

Many of the old Greek works were translated from the Arabic Mss., in which alone they were extant. But the yoke of Galen and Aristotle bore heavily on mankind, and it was only with the advent of independent thinkers like Versalius (1514-64) and Servetus (1511-53) that medical science again marched forward At the opening of the 16th century the strange figure of Paracelsus (c.1490-1541) appears pre-eminent. But a greater than Paracelsus arose in England, and gave the death-blow to the cult of Galen. In 1628 William Harvey published his views on the circulation of the blood, and revolutionized medicine. In the same year was born Malpighi, who in 1661,

by means of the microscope, demonstrated the passage of blood from arteries to veins through the capillaries. From 1628, modern medicine may be said to take its rise. By the discovery of vaccination Jenner almost eradicated the scourge of smallpox; and he prepared men's minds for the ideas of Pasteur, Lister, and Koch, whose germ theory threw a new light upon many diseases, and led, not only to better methods of cure, but to hygenic measures for the prevention of infection. After Jenner's time, the two most important events in medical history are the introduction of Anaesthetics and the development of antisceptic principles, probably first used by Long of Georgia. Ether was introduced to the world by Morton, of Boston, in 1846, and chloroform in 1847, by Simpson, of Edinburgh; while Wells, of Hartford, used Nitrous oxide (laughing gas) in 1844. Equally far-reaching was the great work of Lister stimulated by Pasteur which transformed hospitals from hotbeds of disease into clean, germ free sanatoria. About the middle of the 19th century, a second renaissance may be said to have begun in the scientific world. Virchow published his great work on cellular pathology; Darwin published ideas that have influenced all scientific thought; Koch improved the methods of bacteriological research; Pasteur investigated the problems of fermentation, and Lister applied Pasteur's results of surgery. At the same time medical men began to use more accurate instruments and methods of diagnosis. In 1816 Laennec invented the stethoscope, and a little later the value of the clinical thermometer, the miscroscope, the opthalmascope, and the laryngoscope came to be widely recognized. More

recently still, success has followed efforts to combat by antitoxin treatment many of the diseases due to germs, especially diphtheria. Koch's discovery of the tubercle bacillus and the consequent modification of the treatment of tubercular affections, have been followed by a marked diminution in the mortality from phthisis. In certain other diseases amelioration of the symptoms has been found to follow the administration of extracts from the glands of lower animals. The most notable instances are the cure of myxoedema and the relief of crelinism by the administration of thyroid extract. Within the last few years, the discovery of the Roentgen rays, and of the Finsen light rays, and the properties of radium has furnished the medical world with powerful new weapons for the diagnosis and treatment of disease.

CHAPTER 1B.

OSTEOPATHY.

Osteopathy has been defined as that science or system of healing which treats diseases of the human body by manual Therapeutics for the stimulation of the remedial forces within the body itself, for the correction of misplaced tissue, and the removal of obstructions or interferences with the fluids of the body, all without the internal administration of drugs or medicines. Dr. Andrew T. Still, of Kirkville, Mo., who founded Osteopathy in 1893, states that he believes that there are certain fluids passing about in the body; that the currents of these fluids are frequently obstructed or completely blocked by displaced bones, and that all diseases are caused by such dis-

placements. Replacement of the alleged displaced bones is said to cure the diseases, with the aid of resident remedial forces. He says: "In his (man's) body could be found all the minerals, vegetables, and animal substances that could be found in the beast of the field, the fowls of the air, fishes of the sea, both great and small, in short all that was contained in this and all other planets and beings from the throne of God (himself included) to the lowest form of animated beings." Colleges of Osteopathy have been formed, which have in former times granted the degree of Doctor of Osteopathy to those who have pursued a special course of study for a few months. It is claimed that the present courses of study are as long as those of the smaller medical colleges.

Those who oppose Osteopathy deny the truth of the theory of fluids, displaced bones and resident remedial forces. They argue that there is no reason for erecting manual or hand treatment into a separate system of practice of the healing art; that electropathy, or bathing, or X-ray treatment has as much right to be separated from the general practice of medicine; that there is no reason for giving a new name to massage or passive movement; and finally that the statements of Still and his followers do not give evidence of the acquisition of enough medical knowledge to render them competent to diagnose disease. Physicians claim that the practice of medicine is not restricted to the administration of drugs, and hence to practice any method of healing is to practice medicine. This is in opposition to the view of the Osteopath, who asserts that he does not practice medicine, and should not

be governed by the laws that regulate such practice in the various states. A few states have adopted the view of the Osteopaths, and have licensed them to practice Osteopathy within their borders. There are said to be about 4,000 practitioners of Osteopathy in the United States (1906).

In those states where the Osteopaths are licensed to practice as physicians, they are endeavoring to fill the capacity of the family physician. While the Osteopaths claim that they do not use massage in any form in their practice, they yet claim that all who practice massage, are practicing medicine. If massage is not Osteopathy, it is not practicing medicine.

While the physicians wish to safeguard themselves by imposing certain courses and time of study, they do not care for the patient's relief or cure.

The test should be one of real practical ability; not the ability to show a four years course in some stated school.

CHAPTER II.

MEDICINAL HERBS.

The old herbalists largely based their practice in the so-called doctrine of the signatures, according to which the several herbs have legible characters stamped upon them, to show what evil they will most readily cure; Viper's bugloss hath its stalks all speckled like a snake or viper, and is a most singular remedy against poison and the sting of scorpions. Dandelion, centuary, meadow sweet, and wild sage were used as bitters. Angelica was first in the forefront of all medical plants; the dried leaves

were said to have great power to reduce inflammation, after being steeped in water. Mallows, especially marsh-mallows, retain their old reputation for relieving the same ill. Elder leaves and buds are used in drinks, poultices, and ointments. Primrose, hedge garlic, and comfrey were together made into an ointment; but white comfrey should be used when the ointment is for a woman, red-flowered comfrey when it is for a man. The juice of home leek, mixed with cream, relieves inflammation, and particularly the irritation which follows vaccination in an arm "taking beautifully." Probatumest, Penny pies, or pennywort was said to be equally efficacious, especially when used in cream, and when simmered against the sides of the pan. Marigold tea was a widely administered remedy for measles. Saffron also was recommended for the same ailment. An infusion of furz blossom used to be given to children to drink in scarlet fever. In a fomentation, camomile heads are a recognized anodyne; and wild camomile and red pimpernal are given locally for asthma. Southernwood, plantain leaves, black current leaves, elder buds, angelica, and parsley, chopped, pounded, and simmered with clarified butter, make an ointment for burns or raw surfaces. Sage poultices and sage gargle were used for sore throats; and red sage is better than green. Rosemary has long been celebrated for making hair grow. The expressed juice of watercress was in repute as a cure for rheumatism. Parsley, freshly gathered and laid on the forehead, was good for the headache; and was said to be beneficial if put in a fold of muslin and laid across inflammed eyes.

Endive tea is cooling, and is given to fever patients; and the dry leaves of lovage, infused in white wine, were good for ague. An infusion of raspberry leaves, agrimony, and barberry bark was good for consumptive patients. Coltsfoot is still given for coughs. Sweet marjoram was administered for dropsy; elder berries for boils; arb-rabbit made into poultices for inflammation; brook lime given for St. Athony's fire; and brown nut, made into a decoction, was taken hot just before going to bed, for a cold. Among the more important plants now officially recognized by physicians are foxglove or digitalis, aloe, rhubarb, henbane, nuxvomica, cinchona, hemlock, aconite, stramonium, and Jalap.

CHAPTER III.

SURGERY.

While the origin of surgery is pre-historic, the evolution of a great part of the modern science has taken place within the past sixty years, as in the case of medical lore, primitive surgical knowledge and skill were confined chiefly to the priesthood; and in the ancient Greek school of Kos, no distinction was drawn between surgery and other branches of the healing art. Hippocrates and Celsus were both skilful surgeons; while Alexandrian physicians and their successors, the Arabs, linked surgical methods and practice with those of medicine. Vesalius (1514-64) is sometimes styled the founder of modern surgery; but the advance that the art made in the time of Vesalius was but a part of the Renaissance movement, and did not depend upon any one man. In England, the

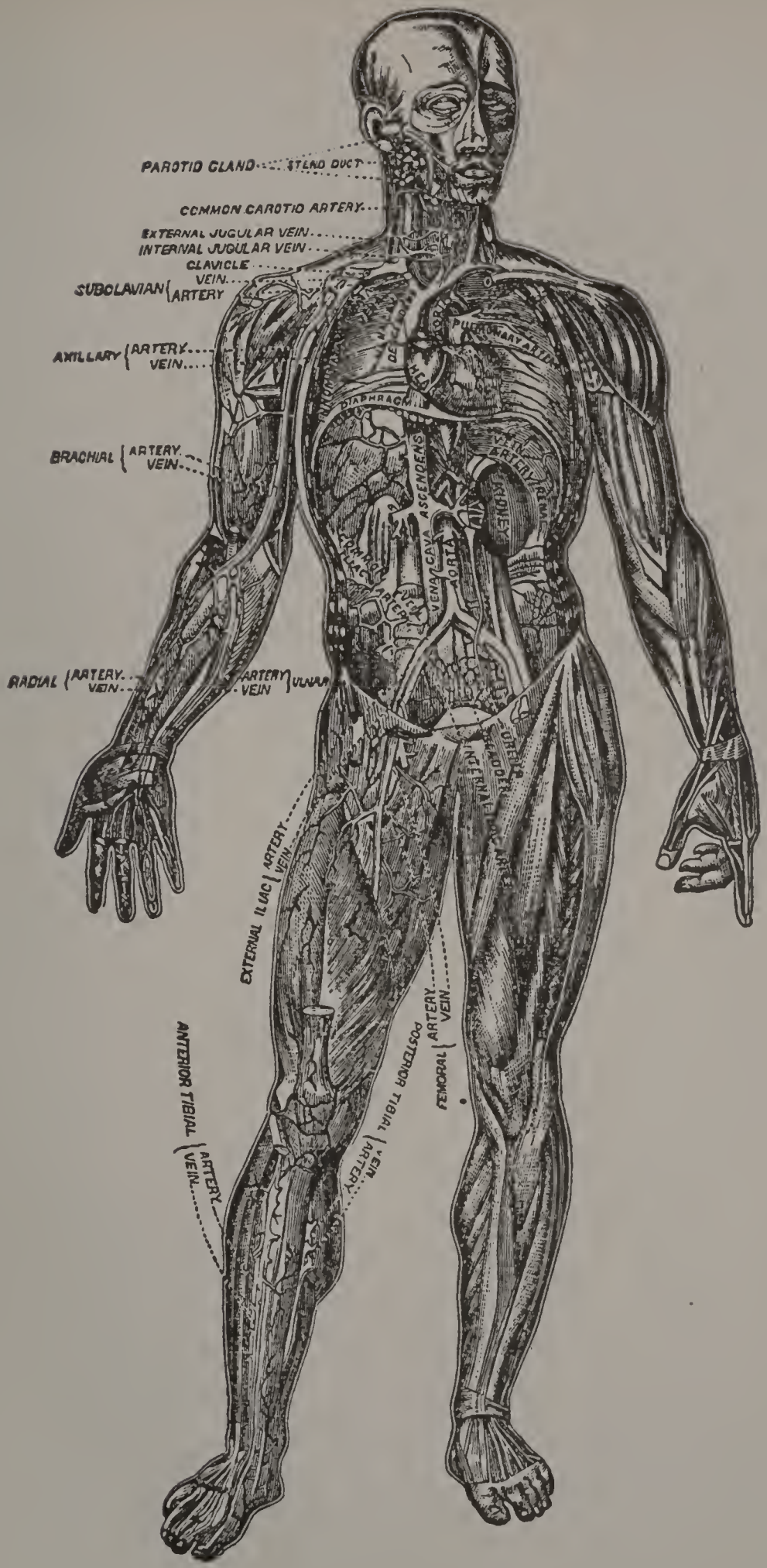

PAROTID GLAND
STENO DUCT
COMMON CAROTID ARTERY
EXTERNAL JUGULAR VEIN
INTERNAL JUGULAR VEIN
CLAVICLE
SUBCLAVIAN { VEIN ARTERY
AXILLARY { ARTERY VEIN
BRACHIAL { ARTERY VEIN
RADIAL { ARTERY VEIN
ULNAR { ARTERY VEIN
DIAPHRAGM
VENA CAVA ASCENDENS
AORTA
EXTERNAL ILIAC { ARTERY VEIN
INTERNAL ILIAC ARTERY
FEMORAL { ARTERY VEIN
POSTERIOR TIBIAL { ARTERY VEIN
ANTERIOR TIBIAL { ARTERY VEIN

FIG 7

early lay surgeons combined their art with the humbler craft of barbers; in 1540 the London barbers and surgeons were incorporated as one company, which survived until 1745. While bleeding remained the one and only panacea for nearly every ailment, the barber-surgeon survived; but as bleeding gave place to more rational and more intricate treatment, surgery grew into a science demanding knowledge of anatomy, physiology, and pathology, as well as study of the principles of the healing art. As regards operative measures, before the introduction of anaesthetics in 1846 by Dr. W. F. G. Morton, of Boston, the great desideratum was speed, and much was necessarily sacrificed to that. An amputation or a lithotomy was a matter of seconds; but the seconds had the compressed agony of hours, for the knife was an instrument of torture, and the operating room a shambles. Now the surgeon no longer works against time upon tortured, quivering tissues, but upon a placid, sleeping patient. Of hurry there is none, and accuracy and careful dissection have become possibilities. Even after the introduction of anaesthetics, the mortality after operations maintained a painfully high level.

Only after Lister of England, inspired by the work of Pasteur, had indicated bacteria as the cause, and antisepsis as the remedy of septic conditions, could surgeons operate with confidence upon the thoracic and abdominal organs, and attack the brain and the heart itself. Unfavorable results still occur, since individual idiosyncrasies must ever exist; but the element of chance is eliminated from the equation. Since the introduction of anaesthesia and the

enunciation of antiseptic doctrines, further progress has been mainly in elaborating the practical application of the principles involved. New anaesthetics have been introduced, many of which have for special operations advantages over chloroform. Of greater importance still is asepsis, the corollary of Lister's proposition; and surgeons now, if possible, seek exclusion rather than destruction of organisms. In many situations, however, septic surgery is an impossibility. Surgical treatment of an operative nature may be necessary for (1) congenital defects; such as hairlip; (2) acquired defects; such as broken limbs or lacerated tissues; (3) the removal of foreign substances; such as bullets or calculi, from within the body; (4) the removal of diseased or injured structures, which may constitute a danger or cause discomfort to the patient; such as gangrenous tissues, malignant tumors, necrossed bones or carious teeth; (5) the relief of conditions which threaten the patient with inevitable death; such as a tumor containing pus; (6) the substitution of new for lost tissues; as in skin grafting. Many surgical operations do not involve the use of the knife. A surgeon's primary object is to heal, not to wound; and his operations are frequently conducted by means of splints, bandages, or other fixed apparatus, and by rest, massage, or electricity.

CHAPTER IV.

MASSAGE.

Massage is a general term for various movements, made for curative purposes, mostly by the hands of the

operator or masseur, over the surface of a patient's body, head or limbs. The general result of massage is to hasten tissue metabolism and to equalize the distribution of the blood by facilitating its flow. This is a very important part of the effect of physical exercises of all kinds. Careful massage, under proper supervision, is of great use in neurasthenia and all allied nervous disorders; and should in some cases form the only exercise for a time, the patient being confined to his bed. Later it is followed by passive motion; the patient being entirely passive, while the operator moves his limbs for him. Later still the patient may offer a certain amount of resistance, or may perform movements while the operator resists. Thus massage may lead the way to ordinary exercise.

Properly used over the whole body, massage greatly assists digestion in all its stages. It acts very successfully on the nervous system in cases of insomnia, neuralagia, and sciatica. This may be partly due to the equalized flow of blood, bringing fresh nutriment to the nerve-cells and removing waste products; partly also to the semi-hypnotic effect produced by gentle, steady, regular strokes, or to the stimulating effect of brisk rubbing. In surgical cases, massage is of service in helping to break down adhesions about joints, to reduce chronic thickenings, and to help repair and avoid wasting of muscle when fractures prevent active movement of a limb. Many surgeons now make it their practice to use regular daily massage on a limb within a day or two of the fracture, the splints being removed, and the limb steadied by grasping above and below the joint of injury.

CHAPTER V.

How We Should Live.

Man's normal condition is to be strong and free from disease.

If we all lived according to Nature's laws, there would be no disease; but man would live on, until the span of life was rent asunder by old age; and then the hand of death could lay its chilling clasp upon the heart of man, and unlock the union between the physical and the spiritual. But Nature's laws have been transgressed since the first advent of man.

Our forefathers, who lived in a log house, with its gaping fire place, down which the pure air was wont to come, was less afflicted by rheumatic complaints than we of to-day, who have houses equipped with all the modern appliances of steam heat and gas ranges. When our streets were paralleled by gravel walks, instead of unyielding cement, there was no need for arch supporters and rubber heels.

While we are acquiring all the modern inventions and appliances for daily comfort and convenience, we have failed to adapt our physical nature to the change.

Civilized man's heart beats the same to-day as it ever did. His lungs require pure, invigorating air to purify his blood, the same as the Arab, who pitches his tent upon the desert, as he did two thousand years ago. While we, in our modern homes and with our advanced civilization, are afflicted with rheumatism and gout; our more fortunate brother of the desert, in his seeming barbarity, is free

from all such complaints. We may ask the question "why?" and the answer is simply because he is living closer to Nature and obeying Nature's laws. If we will, we of to-day, can live according to the natural law, in our modern homes, even better than the Arab of the desert. If we were obliged to purchase fresh air by the pound, we would all be striving to obtain a full supply. But just because fresh air is free, a God-given blessing, we stop up every crack and crevice, so soon as the first snow flake sifts through the air.

In order to save fuel, we often obtain our furnace air (intake) supply from the cellar, or else we have the intake pipe draw its supply of impure air from the hall, air which has been heated and reheated, until the germs it contains can wax fat and strong.

Then we wonder why we have the lagrippe or pneumonia, which perhaps leaves us to hobble around with the rheumatism.

When the furnace intake pipe draws from the open air, we have it placed close to the ground, where it can obtain its air supply from the most impure strata; instead of having it placed ten feet from the ground, so as to obtain its supply from a purer strata of air.

Why do the natives of tropical climates have their dwellings in tree tops, or else upon the top of poles set in the ground? Simply to be in a purer strata of air.

Why does the hobo enjoy better health ,more supple muscles, and a perfect digestion, while the millionaire is a chronic sufferer from gout and indigestion? Simply because the hobo lives on a short diet, cold water, fresh

air, and magnetism absorbed from mother earth, his nightly and daily couch in summer, while the millionaire has a full and regular menu, a full supply of champagne and other wines and liquors; lives in a highly perfumed, but foul atmosphere, and sleeps upon a downy couch; while his feet seldom tread upon mother earth.

Instead of getting a natural, daily exercise in the fresh air and sunshine, the man or woman of wealth glide about our city streets in an electric automobile, and thereby are constantly attended by some physician for some complaint of modern civilization. Then let us step into some crowded factory at ten in the forenoon, or four in the afternoon, and we are almost stifled by the noxious air which we encounter. Then we cannot wonder at the pallid cheeks, drooping shoulders and limping gait, as the finger of disease is laid upon them; caused by the uncalled for unsanitary condition, which is the cause of so many saddened hearts and lonely firesides. Open the window of home, office and factory, and let the blessed fresh air in. Instead of the electric fans being in the center of the room, connect them with an intake pipe extending to the open air, and force in the fresh, cool, health-giving element of nature, oxygen.

In Winter, keep the fans going, but let the pure, fresh air pass over a coil of steam pipes, and then the office or factory will be a fit place for any man or woman to work, and come from their labor refreshed, instead of dazed by their stifling environment. Instead of buying cordials and cough remedies, pills and anti-grippe remedies to cure the Lagrippe, Pneumonia, Rheumatism, or a

Cold, clothe yourself in warm, sensible raiment.

Wear good all wool underclothing and thick shoes and stockings.

If you cannot stand the irritation of woolen underwear, put on a thin cotton garment beneath it, and you will receive all the benefit and none of the discomforts.

It is far better to pay the clothier, grocer, and market man your money, than to pass it into the pocket of the physician and the till of the apothecary.

Neither should we squander our earnings or income over the bar of the saloon, or the counter of the tobacconist shop. When we abuse Nature and break Nature's immutable laws, our system becomes clogged by the refuse material which is not eliminated from the organism.

Soon we have indigestion and lack of assimilation. The skin and kidneys soon fail to do their full quota of work as execretory organs. Then the liver becomes torpid, which causes the bile to be thrown off into the system, and biliousness ensues. Then the irritating acids, instead of being eliminated, are retained in the body, and soon find their way into the membranes and tissues; and we are amazed to find ourselves in the grip of that monster, Rheumatism. Then instead of endeavoring to correct the mischief our carelessness has wrought, and begin to live according to the demands of Nature, we rush off to the office of some physician to begin to dope ourselves with poison to counteract or destroy the germs of disease with which we are infested.

But under our mode of civilization, and according to

our instructions from infancy, we must bow to the inevitable and fight fire with fire. One poison to counteract another.

And when a remedy is to be administered, be sure that it comes from a reliable source. That it is put up by an established and reputable chemist; and above all, that the exact formula is printed upon the label.

Never take an opiate; it will do you no real good, but may do you a lasting injury.

Many a sufferer has acquired the drug habit, had the remorseless chains of morphia shackled to their feet, to drag them down to a living Hell, by taking some highly advertised anti-pain pill.

When you must have something to sooth your pain, go to your family physician; he will not only aid you, but is your true friend as well and will not lead you into any forbidden drug habit.

CHAPTER VI.

CONSTITUTIONAL DISEASES.

I will now give a concise description of the most common diseases with simple treatment and home remedies, to aid in the patient's recovery, until a physician is employed.

SMALL POX.

A highly infectious and contagious eruptive fever. From 24 hours to 12 days after exposure the first symptoms may develop, by an attack of chills, rise of temperature, headache, vomiting, and violent pain in the loins. Three days later an eruption develops, when the tempera-

Fig. 5.

OCCIPITO FRONTALIS
TEMPORAL
ORBICULARIS PALPEBRARUM
MASSETER
LARYNX
TRACHEA
TRAPEZIUS
DELTOID
PERICARDIUM
LUNG
DIAPHRAGM
LIVER
STOMACH
TRANSVERSE COLON
GALL BLADDER
SMALL INTESTINE
SARTORIUS
RECTUS FEMORIS
VASTUS INTERNUS
GASTROCNEMIUS
WILBAR
KILBURN SC

ture falls, rising again in about eight days. The eruption first shows as pimples on the head at the edge of the hair. The hands, back and legs show it next, after which it spreads to all parts of the body. The pimples turn to Vesicles full of lymph. About the eighth day these become pustular, and with suppuration the temperature again rises. In about eleven days from the first symptoms, crusts begin to form and the temperature to fall again.

TREATMENT.

The patient should be isolated at the first symptoms, and kept so until all scales have fallen from their body. Nail red cheesecloth over all windows, so as to give a red light in the room, when the patient will be relieved from all burning and itching sensations. Otherwise treat the same as any other fever.

CHICKEN POX.

A mild, eruptive, infectious fever, common among children, and occasionally seen in adults. Its onset is marked by a slight pyrexia, increased temperature, and the appearance of small vesicles, often very scanty, on the forehead and chest, and sometimes on the mucous lining of the mouth. About the fifth day the vesicles become umbilcated, dry up, and finally drop off, sometimes leaving one or two very faint scars. Gangrenous and bulbous forms are recorded, but these are very rare. Usually the only treatment required is diaphoretic, to cause perspiration; but the patient should be isolated. The time for incubation seems to vary between four and five days. The infective period ceases when all scabs have fallen off, and the

patient has been disinfected by an antiseptic bath. Great relief may be found by giving the child cooling drinks, like lemonade, lime water and milk, and sponging with soda water. Ripe fruit is also desirable. Hot smart weed tea or other herb to cause perspiration is desirable in case the child's skin is dry and hot.

SCARLET FEVER.

An acute contagious fever, which may attack individuals at any age above infancy, but it is commonest among young children. The more prominent symptoms are sore throat, chill, headache and vomiting. There will be a rash, beginning as a scarlet flush over the chest and inner sides of the thighs, spreading over the arms and legs, becoming punctiform, rarely showing on the head or face; though the latter is flushed with a high temperature. The throat is reddened, and often the patient will show the trouble in the throat only, especially if an adult. The glands below the ears are more or less tender or swollen.

The tongue is heavily furred, with bright red spots where the papillae project. Later the tongue is a fiery red when the fur clears. The rash lasts from four to five days; after which the peeling begins The temperature rises from 103 to 104.

TREATMENT.

Isolate the patient at the very first symptom and keep so until after all peeling has ceased. Infection lasts for about six days. All suspected persons should be kept isolated for ten days. All clothing must be disinfected; the walls of the room scraped and newly papered or whitewashed. The patient's body should be kept well oiled

during peeling. Milk and beef teas constitute the best foods. Lemonade, the best drink. A physician should be employed.

MEASLES.

An acute, highly infectious fever. The incubation period is about fourteen days. The general symptoms are general discomfort, slight fever, running at eyes and nose, headache, possibly nausea and vomiting; or even convulsions in serious cases. At this time there may be a preliminary rash; followed in about four days with the true rash, and greater rise of temperature. The inside of the mouth often shows redness before the true rash appears. Red spots on the inside of the cheeks, opposite the double teeth, with bluish-white centers are a sure sign. Measles is contagious before any rash appears. Inflammation of the throat, ears and lungs are common complications. One must guard against bronchitis; the eyes, nose and ears must be kept clean from any discharges. The bronchitis in measles is infectious. No disease causes so much eye, ear and lung troubles in after life as measles.

TREATMENT.

The patient should be guarded from cold, kept in bed and fed on milk diet; and the room kept darkened. A hot bath will encourage the rash to appear. Nothing but sponging should be used for very high temperatures; with squills for any troublesome cough. The bed should be kept for at least one week after all fever is gone. When the skin begins to peel in fine dust-like particles, a hot bath will facilitate its removal.

ROSEOLA.

An unscientific name for any scarlet punctuated rash. It is applied to the eruption caused by certain drugs, also cigarette smoking and certain other habits.

DIPHTHERIA.

An acute infectious epidemic disease, caused by a specific micro-organism, the Klebs-Loffler bacillus. An attack sets in at any time from twelve to five days after infection, and is shown by a red, dry throat and a general feeling of ill health with a high temperature (101°-105°). There arise yellow points usually on the tonsils; these spread and unite until they form a continuous grayish membrane, or patches of membrane, sometimes limited to the tonsils, but in graver attacks spreading upwards to the nose and eustachian tubes, and downwards to the larnyx, and even to the trachea and bronchi. The danger is in proportion to the spread of the membrane, and particularly to the degree in which it fills the air passages, and so prevents respiration. The next danger after suffocation is heart failure, from the effects of the poison in the system and other forms of diphtheretic paresis. There is also a risk of fatal injury to the nervous system. Disease of the spinal cord or nerves has often been demonstrated by the microscope in fatal cases. Therefore a physician should be called upon the very first symptoms; as a delay of a few hours may prove fatal; or if not fatal, to permanent injury.

TYPHOID FEVER.

An infectious disease characterized clinically by fever diarrhoea, abdominal tenderness, a rose-colored eruption,

tympanites, enlargement of the spleen, and other conditions. Anatomically, the main features are inflammation of the large and small intestines, with swelling and ulcerations of Peyer's glands and the other lymphoid follicles, swelling of the messenteric glands and spleen, and degenerative changes in the other organs. The cause of the disease is a special micro-organism, the typhoid bacillus. Outside the body the bacillus retain their vitality for weeks, either in water, or dried and in the form of dust. They leave the body in the stools, urine and sweat, and probably in other discharges. The period of incubation is from eight to twenty-one days, during which time there is more or less lassitude. The onset of the fever is gradual, being marked by chilliness, headache, nausea and vague pains, which increase until the patient is compelled to take to bed. At the first symptom of the disease, drink freely of a tea made of smart-weed, with an occasional dose of niter. In case the disease does not abate within a few days, call a physician.

RHEUMATISM.

Rheumatism is one of the most common complaints by which mankind is afflicted. There are various forms of rheumatic afflictions. True rheumatism is an affection of the fibrous tissues; while other forms of so-called rheumatism effects the synovial membrane of the joints. The true cause of rheumatism is undecided. By some it is attributed to the presence of uric acid in the system; by others to lactic acid; while others ascribe the cause to specific microbes. But to me, the most rational explanation is an abnormal condition of the nervous system. The

various organs of the body are but the parts of a very intricate mechanism. The nerves are the controlling element which direct and superintend the various functions of the different organs.

If our nervous system is in perfect condition every organ does the work assigned it. But so soon as the nervous force is lacking, there is a clogging of some part of the system, and a consequent lack of elimination of the refuse matter of the body. When this takes place, there is set up a fermentation process by which toxic fluids may be produced, which cause an inflammatory condition of the surrounding tissues.

ACUTE RHEUMATISM.

This form of the disease usually affects the synovial membranes of the joints and the surrounding fibrous tissues.

An uneasy feeling throughout the body is sometimes experienced with more or less headache for a couple of days before the real attack sets in. At other times it comes on apparently all at once. It often moves from one location to another. There is often, in fact usually, more or less swelling and inflammation, accompanied by more or less fever. The surface of the skin feels puffy, and is very sensitive to the touch.

A teaspoonful of niter taken in one-half glass of water will often give some relief by flushing the kidneys; but the best remedy for this affection is salicylate of soda taken in ten grain doses every two hours, until six doses have been taken. If the pain does not abate at the expiration of this time, continue to take the salicylate; but in five grain

doses every two hours. Get some of the herb known as mallows (cheese weed), make a strong decoction by boiling the herb in water; now pour off this tea and stir in oat meal, and let it cook thoroughly; when it becomes quite thick, stir in lard and let it cook a moment. Now bind this poultice around the affected joint or muscle; changing the poultice every two hours. In case mallows cannot be obtained, use plantain leaves instead; or the oat meal and lard can be used alone with good results.

The only danger in this disease is, that the heart may become affected, in which case there will be more or less delerium. When even slight wandering of the mind is observed, call a physician at once, and the very best one to be obtained. If the heart is inflamed there will be a bellows-like sound when the inflammation is internal; and a rasping sound when it is external. One of the best salicylate of sodas is Wyeths, which can be purchased in five grain tablets, one hundred in a bottle for 25 cents. After the attack subsides, some of the alkaline mineral waters will be found of great advantage; also lemonade.

The soreness and inflammation may be greatly relieved by gentle rubbing; while a speedy cure may be the result if the services of an adept masseur can be obtained.

Sufferers from acute rheumatism make the very best of weather prophets, as they are always enabled to foretell a change of weather, or a coming storm by a slight return of the old enemy.

CHRONIC RHEUMATISM.

This form of the disease is often a prolonged attack of the acute. In chronic rheumatism, the attack is more

permanent. There is, perhaps, but very little or no fever, or swelling of the joints or surrounding tissues. The soreness is more of a dull aching pain than the acute form of the disease; also much harder to control. The treatment is one of prevention more than cure. Any remedy which builds up the nervous system, and body, by creating an appetite, or by acting as a food element in itself, will be found to be of benefit. Try the following tonic: Port wine, one quart; extract of malt, two bottles; tincture of iron, one-half ounce. Dose, one wineglass full at meal time.

The above will be one of the very best tonics which can be taken.

If the effected parts are bathed with the following; spirits of camphor, one ounce; olive oil, two ounces; great relief will be obtained, or the surface may be painted and well rubbed in, with the following: Wyeth's Petrogen Iodine, 10 per cent. Any of the alkaline mineral waters will aid, while a grand preparation is Wyeth's Strontium Salicylate Compound.

In this complaint, care must be taken, at all times, not to chill the skin, or surface of the body; therefore, medium weight wool underclothing should be worn the whole year, in the hottest day of summer, as well as the coldest day of winter.

The feet should be kept dry and warm. Take plenty of exercise in the open air, and take a good hot tub bath once each week; but in any rheumatic affection, do not take a cold tub bath. Keep the pores of the skin open by a vigorous rub down night and morning with a coarse flesh

brush or Turkish towel.

Never take a patent rheumatic remedy, or cure, pills or nostrums. Many so called cures, do no more than deaden the nerves; doing lasting injury to the patient, and laying the foundation for paralysis, paresis, and other complaints.

In all rheumatic complaints, massage, if properly applied, will be one of the very best forms of treatment, and permanent cures. When massage is resorted to, it should be applied, not only to the affected part, but, to the whole body.

While Osteopathy is of local benefit in the treatment of rheumatism, it can never compete with, or equal, the lasting benefit to be gained by regular massage done by an expert masseur.

All excesses should be avoided. Right living will do more than medicine in bringing about a cure. In applying a liniment, always rub the affected part briskly, until it feels hot, and looks red; then apply the liniment and it will be at once absorbed and give much quicker relief than when applied in the usual way.

Wrapping or covering the part with flannel is of benefit, but great care must be taken not to let the parts become chilled when the covering, or bandage, is removed.

MUSCULAR RHEUMATISM.

This is a true nervous affection; rather than rheumatism; but the term has been so long used, that we might as well continue to call it muscular rheumatism. There is soreness and lameness, caused from an inflammatory condition of the nerves and surrounding tissues, which ramify the muscular system. The method of cure for this

complaint, is by vigorous exercise; whereby all the muscles are brought into play.

Punching a bag, riding a bicycle, horseback riding, rowing, walking, baseball, football, or pitching hay or any kind of hustling work; followed by a good rub down with alcohol and water equal parts, and a good hot lemonade and whiskey, will cure ninety-nine out of one hundred cases. Do not think that because you are getting old and becoming stiff and clumsy, that you cannot do the above stunts; if so my friend, you are just the one who will receive the most benefit by their faithful and persistent performance.

Any good tonic medicine will, perhaps, be of benefit, because of the habit you have acquired of thinking that you need to drug yourself for every ache and pain. Good, well cooked and nourishing food, taken at regular intervals; six to eight hours sleep, and give and take plenty of jokes, which will keep you good natured and contented, will soon cause you and muscular rheumatism to be entire strangers.

LUMBAGO.

Is chronic rheumatism, when it effects the muscles of the back and loins.

It sometimes occurs as a crick in the back. Gentle friction, followed by some good liniment may be of benefit. A good liniment may be made as follows: Oil of Origanum, ½ ounce; Oil of Hemlock, ½ ounce; Oil of Cedar, ½ ounce; Oil of Sassafras, ½ ounce; Oil of Peppermint, 1¼ ounce; Gum Camphor, 1 ounce; Turpentine, 1 ounce; Gasoline, 1½ quarts.

Another good one is: Alcohol, 1 ounce; Ammonia, 1 ounce; Tincture of Capsicum, ¼ ounce; Olive Oil, 2 ounces; Turpentine, 1 ounce.

SCIATICA.

Neuralgia of the sciatic nerve is one of the most troublesome rheumatic complaints.

The nerve is so located that the pain appears to be mostly in the hip joint. A massaging, by which the muscles of the thigh and hip are relaxed, followed by rapid rubbing of the part, will give great relief. Salicylate of Soda taken, in ten grain doses, every two hours, until six doses are taken; then in five grain doses every two hours will give relief.

In taking salicylate of soda, care must be taken to drink plenty of water, at least one-half glass with each dose.

A capsicum plaster applied just below the small of the back may palliate the pain. In sciatic affections, the most important thing to be observed after the attack is relieved is to build up the whole system by careful habits, good food and proper exercise.

Alcohol, in some form, often aids, especially in the form of a good port wine, in overcoming the disease.

In fact, anything which will improve the general health is to be advised. Hot baths are beneficial, if taken quickly and care is taken not to contract a cold. A hot bath followed by a cold shower, or cold tub bath is often a direct cause of sciatica.

NEURALGIA.

Neuralgia is a functional nerve disease. It is manifested by pain; sometimes rather dull and throbbing; at

others, sharp and spasmodic. There is usually no swelling of the affected parts; no fever or constitutional derangement. The first thing to be observed in the treatment is to determine the cause.

One way of determining if it is neuralgia, is by pressing steadily upon the affected nerve, in which case the pain will cease. In women, neuralgia is often caused by some functional derangement peculiar to their sex. When this is the case the treatment must be along those lines, before relief may be hoped for.

Indigestion is a very frequent cause of neuralgia; while a tumor may cause a pressure upon some nerve center. Quite frequently, the cause can be traced directly to the spine, in which case a muscular contraction may cause undue pressure upon the spinal cord, and be the source of the trouble. While a rigidity of the muscles of any part of the body, may be the direct and only cause. The Neuralgia, especially if facial, may be caused from pressure within the skull. When the disease is caused by pressure at any place, or in any form ,the only rational method of treatment is to remove the pressure, which can only be done by some form of manipulation, as massage or osteopathy. Quite often a decayed tooth, especially if ulcerated, will be a contributory cause, in which instance, the dentist is the proper one to consult in obtaining permanent relief.

Certain remedies will aid in giving relief; the best and safest being salicylate of soda taken in ten grain doses every two hours, until the pain ceases.

When the neuralgia is caused from indigestion, a tea-

spoonful of soda taken in water will often give almost instant relief.

As iron is of the greatest benefit in treating nerve complaints, the following tonic will be found very effective:

Port wine, one quart; Extract of Malt, two bottles; Glycerine, one pint; Tincture of iron, half ounce.

To be taken in wineglass doses three times per day at meal time.

If the neuralgia is facial, and caused from defective teeth, the following poultice will give relief.

Take oat meal and cook it thoroughly and quite thick; then stir in lard, and apply to the face as hot as possible, and change frequently. A hot water bag held to the face or other part of the body, or woolen cloths wrung out of hot water, to which has been added a very small quantity of turpentine will give relief.

If large raisns are cut in half, soaked in whiskey and placed along side of an ulcerated tooth it will give, not only great relief, but aid in removing the inflammation, and reducing the swelling.

Malaria is also an important factor in the cause of neuralgia; especially in some localities. In neuralgia from this source, quinine and capsicum is the best remedy. Quinine and capsicum pills or capsules may be obtained from any druggist. A pill containing two grains of quinine may be taken every two hours, until the ears begin to ring; when they should be taken only every four or six hours, until the neuralgia is entirely gone. In taking quinine, care must be taken to keep the bowels regular; for this purpose make a syrup of Senna leaves, one ounce;

figs, one pound. Boil together and make into a syrup; then take enough each night to keep the bowels regular.

GOUT.

This troublesome complaint usually comes on in the night, by a throbbing, excruciating pain in the large joint at the base of the great toe. There is swelling and redness. The pain may soon subside to again return at some future time. The same joint may be affected, or the corresponding joint of the other foot, or both may be the point of attack at some future time.

The disease may attack other joints of the foot, or various joints of other parts of the body may be the subject of attack. Even the joints of the fingers are often effected by the disease.

In the acute form of the attack, the pain lasts but a few hours. In the chronic form the pain is severe at night, while simply troublesome during the day. In time there is a chalky deposit in and around, the joints, which causes unsightly enlargements, and in time unmovable joints. The cause of the disease is overindulgence in eating rich foods, and drinking to excess malt or spirituous liquors, with lack of exercise. It is essentially a rich and indolent man's disease.

The best form of treatment is to eat only plain, well cooked and nourishing food, and total abstinence from all forms of liquor. Great benefit may be obtained from the use of the lithia waters; the tablets for which can be obtained from any druggist. Massage or osteopathic treatments will tend to reduce the size of the joints and keep them from becoming immovable. It will also

improve the general health, more especially massage, which is, not only a local, but a constitutional treatment as well.

Plenty of out of door exercise, such as golf, lawn tennis, baseball and the like, will do wonders in restoring the health.

The baths should be in hot water, of short duration and not too often indulged in.

RHEUMATIC GOUT.

This is a disease which is neither rheumatism or gout, but partakes somewhat of both.

A more appropriate designation would be Rheumato Diarthritis. There is more swelling of the affected joint than in gout or rheumatism, while the presence of fluid in and around the diseased joint is a distinguishing feature of the disease.

The disease is caused from wrong methods of living; and by such diseases as syphilis and gonorrhoea. The salicylates will be of benefit; also, massage and osteopathy in the latter stages of the disease.

In its first stage, the best form of treatment is by the application of cloths wrung out of hot water, and then wrapping the affected joint in oiled silk.

If the disease is brought on from some venerial disease, a physician should prescribe remedies to remove the taint of disease from the system.

RHEUMATIC ATROPHY AND PARESIS.

Let me say just a word in regard to the shrinking of the muscles, or atrophy, from rheumatic diseases. If you have rheumatism in any form, and do not want to loose

the use of the limb, partial or complete, keep on the move. Keep exercising. Keep the muscles developed by exercise or massage, and you will have no lasting ill effects from the disease.

In conclusion let me say: If we always lived as we should, and the same could be said of our parents and grand parents, we would never be troubled with any form of rheumatism, neuralgia, or gout. But so long as man persists in breaking the laws of health, he must pay the penalty for those transgressions by pain and suffering.

What we all need to be happy and free from disease, is more sunshine and fresh air. The rheumatic patient needs just as much fresh, pure air and sunshine as the consumptive, and when we all learn the great lesson of how to live and care for our bodies, there will no longer be a physician in every city block.

One of the very best ointments to rub on for all forms of rheumatic sensitiveness and pain is Petrolatum, one pound; fine cut tobacco, one ounce; seeded raisins, two ounces; plantain leaves (dry), two ounces. Boil all together until crisp, then strain through a cloth while hot, and add menthol one half ounce. Rub the part well with the ointment and then cover with a cloth.

The above ointment was used by a noted specialist of Buffalo, N. Y., from whom the author obtained the formula.

This, without doubt, is the first time the above formula has appeared in print.

And now my dear friend and rheumatic sufferer, cheer up and follow these few and simple instructions, as your

case may require, and you will be more than thankful that this book has been published and placed in your hands.

INTERMITTANT MALARIAL FEVER.

Is marked by the occurrence of febrile attacks at regular intervals, and by the freedom from fever between such intervals. The attack is usually sudden, a chill coming on quickly without any warning, at other times a feeling of general ill-health is manifest for some time before the chill.

After the chill, there is more or less fever, alternating with chill and fever, until a high fever is developed. As quinine is the standard remedy for malaria, the following formula will be found to be of great value:

Sulphate of quinine, 20 grains; Dilute sulphuric acid, 20 drops; Syrup of orange peel, ½ ounce; Water to make 2 ounces.

Dose, 1 tablespoonful every hour. In case of dropsy the following may be found to be of advantage:

Sulphate of quinine, 20 grains; Pill of carbonate of iron, 60 grains.

Mix and divide into 20 pills.

Take one after each meal.

SCURVY.

A disease caused from the excessive use of salt meat and stale vegetables. The disease is marked by great general debility and muscular weakness, the teeth loosen, and sores appear on the body. The best known remedy is lime juice.

CATARRH OF THE LARNYX (CROUP.)

Symptom—First, a tickling sensation in the throat, fol-

lowed by hoarseness, and difficulty in speaking which is often so severe as to cause total loss of voice.

TREATMENT.

Keep in a warm room, and avoid sudden changes of temperature. Inhaling of steam often gives relief. One of the best remedies, is olive oil 2 parts, cocoanut oil, 4 parts, beeswax 1 part. Melt all together stirring thoroughly as the ingredients cool.

Dose, 1 teaspoonful every hour. The above has cured membranous croup after all other remedies had failed to give relief. Another favorite remedy is: Syrup of wild cherry, 1 ounce; Syrup of squills, 1 ounce; Camphor water, 1 ounce.

Mix and take a teaspoonful every two hours. When taking cold, a good way to prevent an attack of catarrh in any form is to soak the feet in hot mustard water, and drink freely of some herb tea, one of the best being hoarhound. Also a saline laxative (salts) may be employed if constipation is present.

PLEURISY.

An inflammation of the membranes, one lining the chest wall, the other covering the lungs, leaving a cavity between. The symptoms are sharp pains in the side or under the arm, shortness of breath and difficulty in breathing. Cough and fever usually accompany the disease. The best course of treatment is hot application to the affected part, followed by massage by an expert masseur. The following may be of benefit: Powder of squills, 1 drachm; Powdered digitalis, 16 grains.

Mix and divide into 16 pills; take one three times a day.

PNEUMONIA.

The first symptom is a chill, followed by a sharp pain in the chest, near the nipple of the affected side. A high fever soon develops. Also a cough. The disease is an inflammation of a portion of the air-cells of the lungs. Its severity depends upon the amount of lung affected. A teaspoonful of niter given in water will tend to reduce the fever. While a flaxseed poultice should be applied to the lungs, being changed every three hours. If the pain is intense Dover's powders in 10 grain doses may be given. The services of a competent physician should be obtained as early as possible.

BRONCHITIS.

An inflammation of the bronchial tubes. The first onset of the disease is an attack of nasal catarrh, followed by hoarseness, and a sense of rawness and pain at the top of the chest, that is under the breast bone. At the first symptom of the disease soak the feet in hot water, take a good hot tody or lemonade, and go to bed. If a cough develops a syrup made as follows will be found beneficial:

Hoarhound, 1 ounce; Water, 1 pint. Boil one hour then strain, after which add honey, 1 pound, boil ten minutes and when cool remove the comb and add whiskey, ½ pint.

Take in teaspoonful doses as often as desired. In chronic Bronchitis massage will prove to be the most satisfactory form of treatment.

ASTHMA.

This term is applied to difficulty in breathing from a variety of causes. The condition to which physicians

apply this name is a spasmodic contraction of the smaller bronchial tubes, as a result of which less air than natural is admitted to the lungs, and the individual consequently suffers from deficiency of breath. The asthmatic paroxysms occur at irregular intervals. Any exciting cause which affect the nerves, a sudden change of the atmosphere, or anything which affects the skin or kidneys may bring on a sudden attack. In fact it is really a disease of the nerves which control the bronchial tubes. In men the main cause of the disease is some chronic form of kidney trouble; in such cases a teaspoonful of sweet niter taken in water will give relief. In women the cause of the disease is often diseased kidneys, but more often some form of female weakness, which can usually be traced to lack of development when at the age of puberty. In treating asthma, the first thing to do is to ascertain the cause, then treat accordingly. I find the only permanent way of curing the disease is by scientific massage. Medicine simply relieves while massage cures.

CONSUMPTION.

No disease, at the present time, is receiving so much merited attention as tuberculosis or consumption.

While tuberculosis may effect any organ of the body, I shall confine myself to that form of the disease known as pulmonary tuberculosis, or consumption.

The foundation of the disease is usually based upon a scrofulous taint in the system. At least nine-tenths of the cases are really scrofulosis, a glandular affection, caused by a defective lymphatic circulation.

A defective lymphatic circulation causes a diminished

Fig. 9

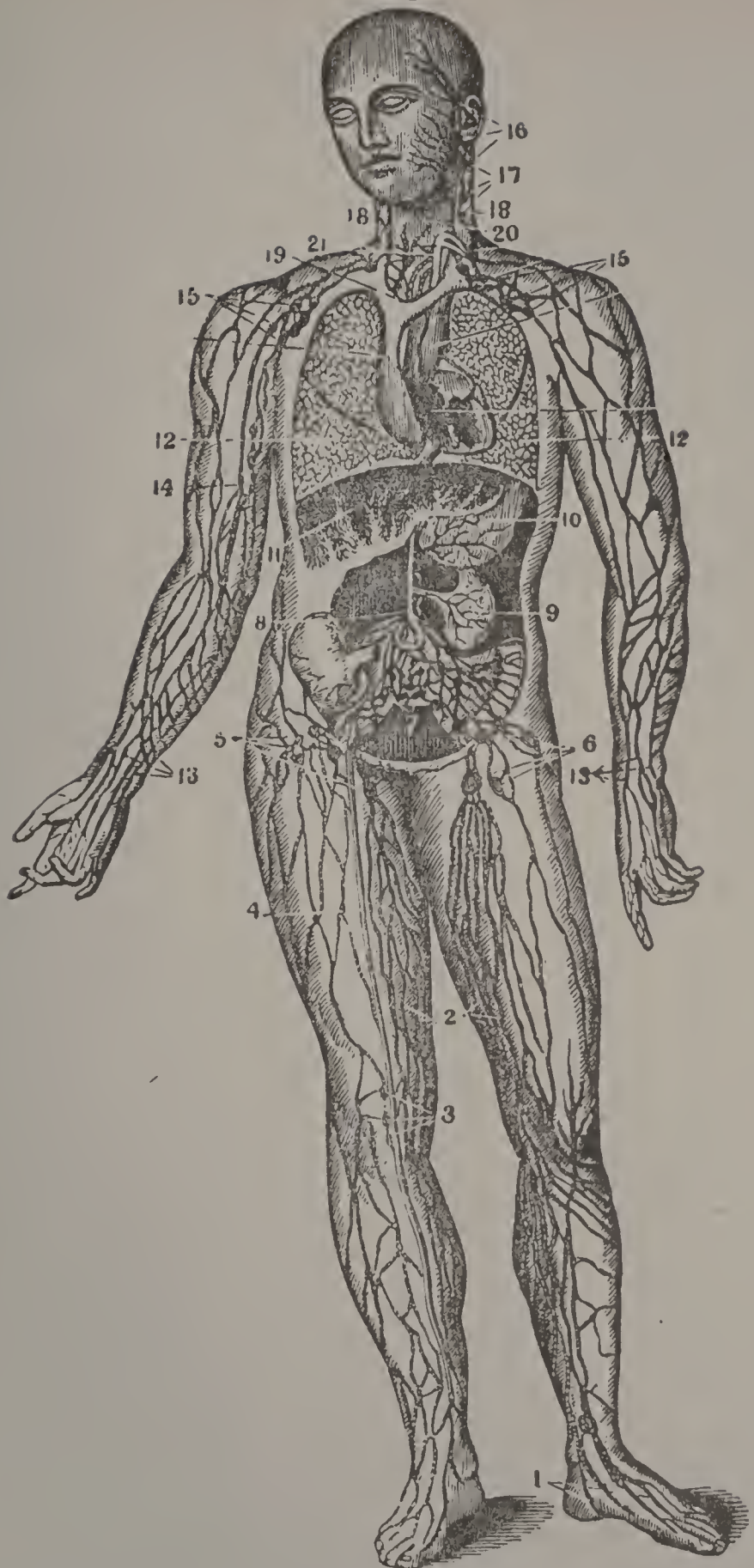


Fig. 95. A Representation of the Lymphatic Vessels and Glands.—1, 2, 3, 4, 5, 6. The lymphatic vessels and glands of the lower limbs. 7, Lymphatic glands. 8, The commencement of the thoracic duct. 9, The lymphatics of the kidney 10, Of the stomach. 11, Of the liver 12, 12, Of the lungs. 13, 14, 15, The lymphatics and glands of the arm. 16, 17, 18, Of the face and neck 19, 20, Large veins. 21, The thoracic duct.

nutrition, which enfeebles the system, leaving it an easy prey to the tubercular germs gaining a foothold in the lung cells and tissues. The first symptom of consumption is a feeling of languor, followed by a tight or depressed feeling through the chest. A slight cough may soon develop; while diarrhoea is quite often a very annoying, as well as depressing and weakening symptom.

The germs of tuberculosis are always more or less present in the air, especially of cities. Quite often the germs are contained in the food we eat, or the fluids we drink, notably milk, which to prevent danger should always be sterilized or boiled before using; while all meats should be well cooked. But if our system is in a normal condition the fluids of digestion destroy all germs which enter the stomach; while the interchange of the oxygen and carbonic gas in our lungs destroy all the germs we inhale.

It is only when we have become debilitated by some diseased condition, that the germs can obtain a foothold and do us harm.

As the disease progresses, we may have pain in the upper portion of the chest, caused by the pleura becoming effected. A glary mucus may be voided from the lungs, which, as the disease progresses, becomes more thick and pus like. Chills and night sweats may develop. There may be a dry burning sensation of the skin, which becomes dry and coarse. The hair lusterless, slight hemorrhages may now develop, often from the lungs, but more often from the stomach, especially if the hemorrhage is severe.

The appetite becomes capricious. The body flabby and

emaciated. The shoulders droop, caused from the weakening of the chest muscles.

In females the menses is invariably decreased and often retarded or even suppressed. The only cure for this condition is massage. As the disease progresses rapidly, strenuous measures must be resorted to at once, and faithfully followed; or death claims the victim.

While the disease was formerly considered fatal in nearly all cases, it is now recognized to be easily and surely cured, even when far advanced, without the use of dangerous, or poisonous drugs and chemicals. While the skin plays a very important part in throwing off the impurities of the body, it is of the greatest importance to restore it to a healthy condition, as soon as possible. The quickest way to obtain this result is by rubbing the entire body with the hands, by a skilled masseur, or a coarse flesh brush or Turkish towel may be used by the patient himself with good results.

The desired result is to promote the capillary circulation and open the pores of the skin, so that it can fulfill its execretory function. A hot tub bath should be taken once each week. A cold tub bath,—never. A cold sponge bath may be taken, with benefit, each morning. The rub down with the coarse towel should be done each night and morning; and should be persisted in each time until the body is all aglow.

Each morning the bottom of the feet should be anointed with olive oil; the chest with cocoanut oil.

There is no medicine which, in itself, will cure Consumption. The only cure is fresh air, good food, plenty

of sleep and recreation. With every breath, the lung tissues and cells are destroyed and built up anew. The more fresh air we inhale, the more waste matter and impurities we exhale; therefore, deep breathing destroys the tubercular germs, replacing the diseased cells and tissues with new and healthy membranes, cells and tissues. As deep breathing usually causes more or less discomfort to the consumptive, they breath mainly with the upper portion of the lungs, which mode of breathing soon causes a weakening, followed by an atrophied condition of the chest muscles: hence the weak, flat chest and stooping shoulders.

The first step then is to so develop and strengthen the muscles of the chest, either by massage or some form of exercises, or both, as to enable the patient to breathe strongly and deeply. The best way to develop the chest muscles is to take about ten pounds of sawdust; place it in a strong canvass sack; suspend it from the ceiling by a strong cord; put on a heavy pair of gloves, and then go at it lustily and see how hard you can hit it.

This exercise should be at first indulged in for about two minutes morning and night. Each day the time should be lengthened, until one-half hour, night and morning, is spent in this way.

Then put up a horizontal bar, just high enough to reach easily; grasp it with both hands; draw yourself up and chin it. At first only once morning and night. As your strength increases, prolong the number gradually up to twenty.

After you have punched the sawdust for a few days,

supplement it with twenty-five pounds of sand; and as your muscles develop, increase the sand to fifty pounds.

Several times each day, stand with both feet firmly upon the floor; let your arms hang down by your sides; now bring the arms up straight from your sides, until they are parallel with the shoulders. At the same time raise yourself upon your tip toes and take in as full a breath as you possibly can. Now hold your breath, and bring your hands together in front of you; then bring them back to their former position (parallel with the shoulders) and then let them fall to your sides. At the same time, come down firmly upon your feet, and exhale your breath. Keep increasing this exercise up to twenty each time. Place the palms of the hands together in front of you, on a level with your shoulders; and then endeavor to bring them together behind you. Repeat several times. This exercise strengthens the chest muscles and tends to form the habit of throwing the shoulders back.

When walking, carry the head high, with the shoulders thrown well back.

If you live near the water, rowing will aid in restoring you to health.

Horseback riding is an ideal form of recreation and exercise combined. Lawn tennis, or golf, are to be recommended.

Any form of exercise in the open air will aid you. Only never exhaust yourself.

Sleep in the open air or a perfectly ventilated room. On a porch is an ideal place; but a tent is not advisable.

Tents are for soldiers; not invalids. Sleep in a room with windows on at least two sides of the room. Then remove the windows and keep them out in all kinds of weather. To prevent rain from beating into the room, place awnings over all the windows, but never lower them except in case of a storm. Always sleep in a draft if possible; you will not take cold; and the air will always remain pure. Remember a draft is caused from two openings, which is far different from the wind blowing upon you from one open window or door, in which case you might contract a cold from the uneven temperature of the body. An ideal way of obtaining pure air, while sleeping, in the winter, and at the same time sleep in a warm room, is by the use of two window awnings. Remove the lower sash; place one awning on the outside of the window, even with the bottom of the top sash, which is left in place. Then place the head of the bed in front and against the open window. Now place the other awning on the inside directly opposite the one upon the outside. When the awning which is on the inside is let down upon the bed, the upper portion of your body, head and shoulders, will be practically out of doors; yet protected under the awnings; while the lower part of your body is under the bed covering in a warm room. Take a walk every day, regardless of the weather; only keep the feet warm and dry, and the body well protected.

Each day prolong your walk a little; but do not exhaust yourself. If you are a singer, practice every day; if you are not, take vocal lessons at once. Singing will strengthen your lungs and chest wonderfully. Always wear woolen

underclothes, but of medium weight, both winter and summer. Never bundle up the throat or wear a high collar. Do not be afraid of the night air; it will not harm you, but aid in your recovery.

Walking upon the ground barefoot will increase your magnetism. Eat plenty of good food, boiled meats and stews, soft boiled eggs, boiled or baked potatoes; but never eat fried food of any kind. Eat all the fresh raw fruit you can, and canned fruit if you cannot get the fresh. Use plenty of sugar, it will furnish heat for your body far better than fat.

The best meats are mutton, beef and year old fowls. Never eat pork, veal, spring lamb, or spring chicken.

In Holland a favorite and sure cure for consumption is to eat a raw salt herring the first thing in the morning.

Drink tea and coffee in moderation; but never have it strong.

Drink plenty of milk, which has been sterilized or boiled. And above all, drink plenty of pure water; beginning when you get up in the morning and keep at it all day; but do not drink over two quarts of fluid during one twenty-four hours.

In fact, while you should eat and drink plentifully, do both sanely.

It is not so much what you eat and drink, as what you assimilate, which builds up your strength.

Before each meal, take one or two raw eggs in milk. Also make a hot lemonade to which is added from one teaspoon to a tablespoonful of alcohol; not whiskey, rum, wine or gin, but pure alcohol.

A small glass of stock ale or malt after each meal will do wonders for you by invigorating your whole system. Any physician who does not advise alcohol each day, in small quantities, has never been cured of consumption himself, or cured very many others.

If lost manhood or womanhood is one of the symptoms, fill a fruit jar about one-half full of elder bark or roots; fill the jar full of whiskey, let stand a few days, pour off, and take in one-half wine glass doses three times per day.

If your cough is troublesome, take rum and glycerine, equal parts, in one-half teaspoonful doses occasionally. It will not only relieve you, but heal and strengthen your lungs as well; or take hoarhound, one ounce, add one pint water, boil one hour, pour off, and add pound comb of honey boil 20 minutes, let cool, and remove the comb, then boil down to a thick syrup and add one-half pint of whiskey to it. Do not take cod liver oil or emulsions; but take cocoanut oil instead, which, if slightly salted, is very palatable.

Use plenty of pure, sweet butter, the more the better.

Buttermilk is an ideal drink, as well as lemonade.

Never drink lager beer, soft drinks or soda water.

Never take a patent medicine of any description, unless by your physician's orders.

If you need, or think you require medicine, go to your family physician; but keep clear of the advertising specialist.

Keep good hours, and the very, very best of company. Shun the crank and grumbler.

A good story or clean joke at the table is the best stimu-

lant and tonic you can take.

Laugh every time you have the opportunity; but cry—never.

Do not spend your money in going to Colorado or the mountains to get cured.

Cure yourself in your own home; then you are cured to stay cured. Have faith in yourself; all mankind, and your Creator. Think right, talk right, and act justly, and you need have no fear of here, or the hereafter.

Keep your body well bathed; your teeth and finger nails clean; wear good, clean, sensible clothing.

Eat well cooked foods at regular intervals.

Do not smoke cigarettes.

Do not become intoxicated.

Sleep six to eight hours out of every twenty-four. A good rule is eight hours work, eight hours sleep, eight hours recreation.

Take a short rest at noon, by lying upon your back, and relaxing mind and body.

Take an occasional internal bath (enema).

Keep a window in your sleeping room open day and night.

Be temperate in all things.

Thank God every day of your life for health and strength.

Do not worry; let the other fellow do that.

HEART DISEASE.

Nearly all cases of heart-disease is, in fact, caused from disorders of the kidneys or the stomach Not one case out of ten is really an affection of the heart, further than

to cause a muscular weakness, which is accompanied by a nervous affection of the same. By removing the cause, and soothing the nerves and strengthening the muscles of the heart by massage, will cure nearly every form of heart disease. In women female troubles often cause serious heart symptoms to develop, which symptoms are nothing but an effect following the cause, which cause can be easily remedied by massage, no medicine being required.

A swallow of salt water will stimulate the heart, as well as condense the gas in the stomach, often the cause of the trouble. A teaspoonful of aromatic spirits of ammonia in one half glass of water, and taken in teaspoonful doses will be found efficacious. In nearly every case, it is advisable to consult your family physician, as true heart disease is a serious complaint.

SORETHROAT—PHARYNGITIS.

Is an inflammation of the mucous membrane lining the throat. The best method of cure is to blow sulphur down the throat, or use as a gargle the following,—

Alum	2 drachms
Tincture of myrrh	1 ounce
Glycerine	4 ounces
Water	4 ounces

Keeping a flannel cloth about the throat is of great benefit.

Rub the throat with the following:

Oil of Cocoanut	1 pound
Menthol	1 ounce

Inhaling steam from water in which a quantity of salt has been placed, will give relief.

Another sterling remedy is sage tea, used as a gargle and a drink.

If a salicylate of soda tablet is allowed to dissolve in the mouth, it will destroy all forms of canker in the throat.

QUINSY.

By quinsy, we designate a form of pharyngitis in which the tonsils suffer from the inflammatory process. An important item in the treatment is to keep the patient well nourished by a milk and raw egg diet. For a local application or poultice for the throat, boil oatmeal in lard and apply it hot. In case medicine is needed the following will be of advantage.

Sulphate of quinine	30 grains
Tincture chloride of iron	½ ounce
Water	2 ounces

Mix and take a teaspoonful in water every four hours.

MUMPS.

This is an inflammation of the parotid glands situated at the angle of the jaw, just below and in front of the ear. The best method of treatment is to apply a flaxseed poultice. If you cannot eat a pickle, you have the disease. There is no danger, if you keep warm and do not take cold. If you take cold call a physician at once.

ULCER OF THE STOMACH.

The most prominent symptom of ulcer of the stomach is pain and distress after eating, followed by nausea and vomiting of food which is often tinged with blood. Another common symptom is the occasional vomiting of mucous mixed with bile, pus and blood; the blood sometimes being quite bright, but more often of a very dark

color, resembling coffee grounds. The best method of treatment is by living upon an easily digested fluid diet; such as milk, raw eggs, meat broths etc., avoiding tea and coffee. The bed should be kept after each attack as rest is better than medicine. This is one complaint in which massage is not to be advised. It will only make a bad case worse. The pain may be relieved by taking Dovers tablets in 5 or 10 grain doses.

CATARRH OF STOMACH.

The most prominent symptom of catarrh of the stomach, is pain, nausea and the throwing up of mucous. The best remedy is by careful diet, total abstinence from all forms of stimulants, as well as tea and coffee, fresh air and hot baths. Washing the stomach may be of advantage.

DYSPEPSIA.

The most prominent symptoms of dyspepsia are a bad taste in the mouth, especially in the morning, eructions, heartburn, flatulence, distension of the abdomen, constipation, alternating often with diarrhoea, headaches and dimness of vision. The main causes are poor teeth, fast eating, eating greasy food, and drinking tea or coffee to excess with the meals. Food and liquid should never be placed in the mouth at the same time. Chew the food and swallow it without drinking, or better do not drink at meal time. Never drink tea at any time; instead drink sage tea with milk and sugar or hot water. Careful diet and massage will cure any case of dyspepsia. If medicines are desired, the following will be found of great benefit. Charcoal tablets after meals, or equal parts of

pepsin and bismuth. Dose—what can be held on the point of a knife after meals. Crystal pepsin will be found very efficacious.

For a general remedy take,

Rhubarb	2 grains
Ipicac	¼ grain
Peppermint oil	⅛ ounce
Aloes	½ grain
Nuxvomica	⅛ grain
Sodium Bicarbonate	5 grains

Dose one pill at meal-time.

The above can be purchased under the name of Rhubarb and Soda Compound H. By. Eli Lilly & Co., or as Ripans tabules.

PAIN IN THE STOMACH.

As pain in the stomach is often caused by gas, a little extract of peppermint or salt water will expel the gas and stop the pain. If the pain is caused by the presence of bile in the stomach, a cup of very hot water will cure it. Massage in either case will give quick relief and effect a permanent cure. A good remedy is extract of peppermint 2 ounces, wintergreen 1 ounce.

PILES.

Piles in any form either itching or protruding can be cured by the following:

Make of powdered nut-galls and lard, a thick paste, then thin to the consistency of an ordinary ointment with oil of tar and apply.

DIARRHOEA.

The best cure for ordinary diarrhoea is two tablespoon-

fuls of caster oil and ten drops of turpentine. To check the same, make a tea of blackberry root, take in small doses.

DYSENTRY.

For chronic dysentry the best, safest and surest cure is to make a tea of either blackberry root, or redraspberry root. Care must be taken in using the above, to not check the diarrhoea too quickly. Therefore take the tea in small doses until the desired effect is obtained. It can also be checked by an expert massagist, but the operator must understand his business.

CONSTIPATION.

The only rational cure for constipation is careful diet, avoidance of tea and strong coffee, and all stimulants, and by massage treatments. The use of cathartics is injurious. Also injections (enemas) unless taken not oftener than once a month. If a medicine is desired take Webbers Alpine tea as directed on the package or, a tea made of senna. Perhaps the best remedy known to-day is Wyeth's Effervescing Sodium Phosphate, which not only acts upon the liver and bowels but upon the kidneys as well. It also tends to build up the nervous system, and by eliminating the uric acid from the system, removes all traces of rheumatic tendency and soreness of the bowels. A syrup made of senna 1 ounce and figs one pound is a sterling remedy. Take as required to regulate the bowels.

BILIOUS COLIC.

The best method of treating colic in any form is by drinking hot water, and hot applications, followed by an

injection into the bowels of hot water, 1 qt. and castor oil 1 oz.

LEAD COLIC.

The treatment for lead colic is the same as any other except the iodide of potash should be taken for some time after an attack to avoid its repetition. The following will be found adequate.

Iodide of potash	1 drachm
Water	1 quart

Dose one teaspoonful before meals. Care should be taken to keep the bowels regular.

UTERINE COLIC.

Treat by hot applications and a dose of sweet spirits of niter. One teaspoonful in water.

GALL STONES.

So-called gall stones are caused by a thickening of the bile. The main symptom is an excrutiating pain in the right side. Dovers powders in ten grain doses, and hot applications will bring relief. The best method of cure is to take Olive oil in tablespoon doses one hour before each meal and before bed-time.

INFLAMMATION OF THE BOWELS.

Inflammation of the bowels is an inflamed condition of the intestines. The symptoms are pain, tenderness on pressure over the bowels, nausea, vomiting and diarrhoea. The best method of treatment is rest for the bowels while Dovers powders may be administered in ten grain doses every four hours until six or eight powders have been taken. Massage properly applied will quickly relieve this complaint. Hot applications should be used until the

pain ceases. A few drops of turpentine put in the water from which the cloths are wrung is to be recommended.

PERITONITIS.

Peritonitis, or inflammation of the peritoneum, may be acute or chronic, and it may be general or local. A general peritonitis is most usually caused by the introduction of septic organisms into the peritoneal cavity, such as may follow a perforating wound of the abdominal wall; hence the danger of abdominal operations. The condition may also arise from the bursting of an abscess, a cystic tumor, or an aneurism. The inflammation may also spread through the diaphragm from the plural or pericardial tissues. Other secondary causes of peritonitis are Bright's Disease, erysipelas, and perhaps rheumatism. One of the great dangers of appendicitis is septic peritonitis either before or after the operation. In women the most fertile source of peritonial inflammation is diseases of the pelvic organs. The chief symptoms of peritonitis are pain, rise of temperature, thirst, sickness, hiccough, diarrhoea, and, it may be, rigor and collapse. The treatment varies greatly with the cause, variety and course of the disease. Rest is of the greatest importance while clothes rung out of hot water, and sprinkled with turpentine, may be of advantage in allaying the inflammation. Massage is often of the highest benefit, but must be by an expert operator. Opium in some form, is of advantage in deadening the pain. Call a physician at once, as delays are extremely dangerous.

WORMS.

Worms may be present at any time during life, from

the cradle to the grave. The most prominent symptoms of stomach or intestinal worms is itching of the nose, a bad taste in the mouth in the morning, with fetid breath, capricious appetite, bloating of stomach or abdomen, thirst, fever toward evening, grating of teeth during sleeping, red lips, with paleness about the lips, pink spot upon the cheeks general paleness and languor. The best remedy is Santonin one grain upon going to bed. One half hour before rising in the morning another one grain of Santonin. Upon arising take a sedlitz powder; at the same time take a handful of quassia chips and pour one quart of boiling water upon it. After the bowels have moved once or twice, wait one hour and then take as a douche into the bowels the quassia tea. Repeat in seven days. Also repeat again in seven days more. The above is for an adult, take one half of the amount for a child.

TAPE WORM.

The most prominent symptoms are emaciation, dizziness, ringing in the ears, impairment of vision, excessive flow of saliva, itching about the nose, impairment of appetite and indigestion, colicky pains in the abdomen. Many cases of so-called consumption, are no more nor less than a tape-worm. A positive cure is upon retiring eat a salt herring, in the morning drink a cup of black coffee, in one half hour later drink one half cup of peruvian bark tea. To make peruvian bark tea, get of peruvian bark 20 cents worth, pour on one pint of boiling water let simmer on back of stove for twelve hours. If this does not prove effective take Pelaterine as directed.

DROPSY AND BRIGHT'S DISEASE.

Dropsy is not a disease, but a symptom. It may be in evidence in various forms. It is an accumulation of watery elements in portions of the body where they are not usually found. If the fluid accumulates in the connective tissue under the skin, it gives the skin a pale puffed appearance, and is called Anasarca. If the fluid collects between the abdominal wall and the intestines, it is called Ascitis. If the fluid collects in the chest between the lung and the ribs, it is called Hyrothorax. If the fluid collects between the skull and the brain it is called Hydrocephales, water on the brain. The water may collect in a tumor of the ovary, and is then called ovarian dropsy. The cause is poor circulation especially of the lymphatics, impoverishment of the blood, or inflammation of the kidneys. A favorite term for dropsy is Bright's disease in which one of the first symptoms is swelling of the feet and legs, followed by swelling and distortion of the face. Some of the numerous mineral waters which contain the salicylates will be found highly beneficial. Buttermilk will be found of great value if drank daily. But for a sure and permanent cure Scientific Magnetic Massage is the only true method of treatment. Wyeth's Effervescing Phosphate of Soda is a good remedy. A good remedy is Jalap 40 grains, cream of tartar 4 ounces. Make into four pills and take one every second day.

INFLAMMATION OF THE LIVER.

This disease usually begins with a chill, followed by a fever, nausea and vomiting; the tongue is heavily coated, yellow or white; the bowels are constipated; the urine

scanty and often of a deep brown color; a bitter taste in the mouth, the matter vomited being of a greenish yellow. There is a pain over the liver, increased by coughing, deep breathing or pressure. There may be jaundice and pain under the right shoulder. The best method of treatment is rest, careful diet, hot applications and massage; and take Wyeth's granular effervescing Potassium Bicarbonate, three times daily.

GIN LIVER (CIRRHOSIS OF THE LIVER).

Gin liver is an inflammation of the liver which is followed by a shrinking of that organ and a dropsical condition of the abdomen, with occasionally swelling of the feet and legs. Medically there is no known cure, but in the hands of an expert Massagist a cure can be speedily effected, Wyeth's Potassium Bicarbonate should be taken.

JAUNDICE.

Jaundice, like dropsy, is a symptom, and not a disease. It designates a yellow condition of the skin, which is manifest more particularly in the eyes. The cause is presence of bile in the blood. The cure is careful diet and massage. Great benefit may also be obtained by drinking a tea made of tag alder, and taking Wyeth's Potassium Bicarbonate.

GRAVEL.

Gravel is the formation of small stones in the kidneys. The main symptoms are nausea and vomiting, profuse perspiration, pallor of the surface, with a constant desire to pass the urine. After cessation of the pain, there is a feeling of an exhausted but comfortable condition, and an excessive discharge of urine. The best method of treat-

Fig. 17.

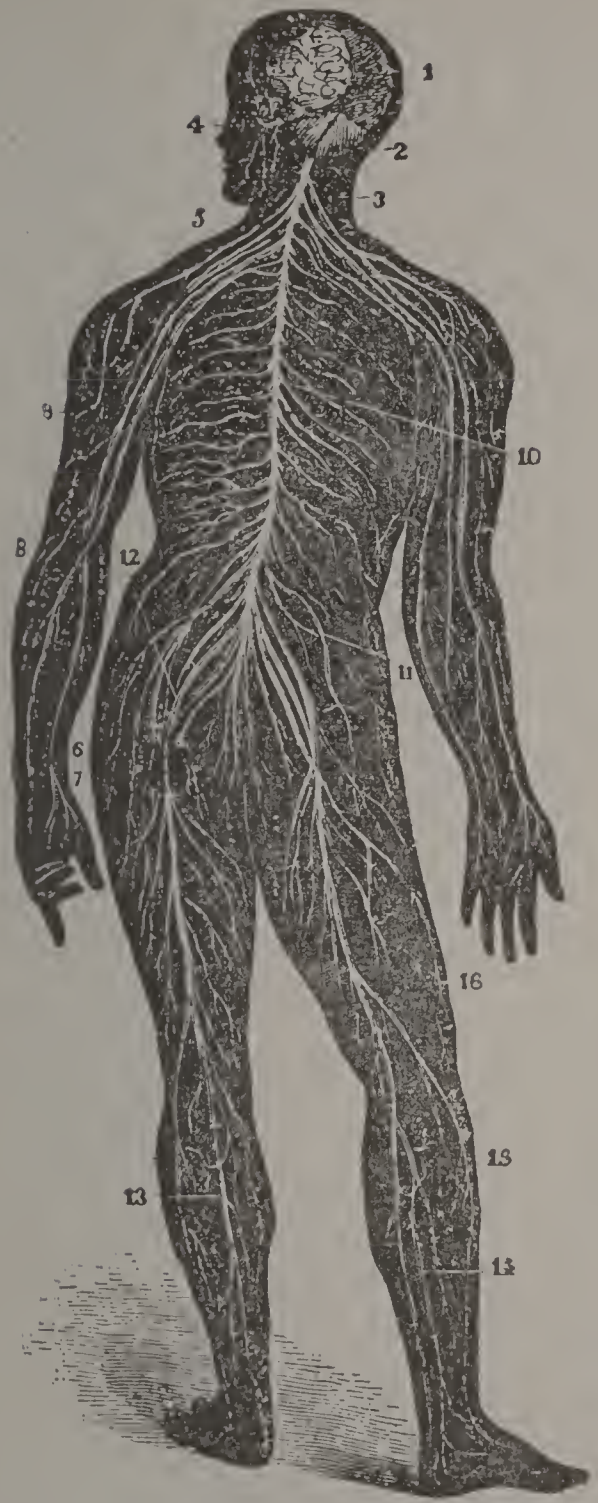


Fig. 18.

Fig. 17. A Back View of the Brain and Spinal Cord.—1, The cerebrum. 2, The cerebellum. 3, The spinal cord. 4, Nerves of the face. 5, The brachial plexus of nerves. 6, 7, 8, 9, Nerves of the arm. 10, Nerves that pass under the ribs. 11, The lumbar plexus of nerves. 12, The sacral plexus of nerves. 13, 14, 15, 16, Nerves of the lower limbs.

Fig. 18 represents the Sympathetic Ganglia, and their Connection with other Nerves, from the grand engraving of Manec, reduced in size. A, A, A, The semilunar ganglion and solar plexus, situated below the diaphragm and behind the stomach. This ganglion is situated in the region (pit of the stomach) where a blow gives severe suffering. D, D, D, The thoracic (chest) ganglia, ten or eleven in number. E, E, The external and internal branches of the thoracic ganglia. G, H, The right and left coronary plexus, situated upon the heart. I, N, Q, The inferior, middle and superior cervical (neck) ganglia. 1, The renal plexus of nerves that surrounds the kidneys. 2, The lumbar (loin) ganglion. 3, Their internal branches. 4, Their external branches. 5, The aortic plexus of nerves that lies upon the aorta. The other letters and figures represent nerves that connect important organs and nerves with the sympathetic ganglia.

ment is to stimulate the kidneys by careful massage and taking twenty to thirty grains of the bicarbonate of potash in water three times per day (Wyeth's). Massage should be used only between the attacks. Dovers powders, in 10-grain doses, may be taken to relieve the pain.

DIABETIS (SUGAR IN THE URINE).

The first symptoms are—indigestion, constipation, loss of flesh and strength, thirst and capricious appetite, and an increased flow of pale urine. In some cases the urine causes a stinging, hot sensation as it passes along the urethra, and soreness of the skin—eczema—is frequently induced around the genitals, especially in women. The quantity of the urine is sometimes increased from three pints (normal) to even as much as forty quarts per day. The skin becomes dry and harsh, voracious appetite and thirst. Boils are sometimes a prominent symptom, and ulcers of the lower limbs sometimes occur. There is bloating of the abdomen, and a drawn in or contracting of the stomach, with pain in the stomach. In women one very prominent symptom is the cessation of the menstrual flow and many other signs of pregnancy. The best remedy is to take Wyeth's Effervescing Sodium Phosphate, and massage treatments. In this case, which is a serious affection, the masseur must be an expert.

CHAPTER VII.
NERVOUS SYSTEM AND SKIN.

INFLAMMATION OF THE BRAIN.

The symptoms of inflammation of the brain are,—Chill, intense pain in the head, redness of the face and eyes,

vomiting, roaring in the ears, an excited, distressed look and extreme sensitiveness to light, sound and movement. The eyebrows are usually contracted. There may be delirium and convulsions. The fever is intense. The delirium often amounts to the appearance of insanity. After a day or two the delirium may give way to a stage of depression, when the patient may appear stupid. The respiration is slow and part of the body may become limp. One of the first objects of treatment is to keep the bowels open, the head cool by cold cloths or pounded ice, and circulation stimulated in the feet and legs by massage. Good results have been obtained by immersing the lower limbs in hot water. Call a physician at the first symptom.

TUBERCULOUS MENINGITIS.

The above is a form of inflammation of the brain, which occurs mostly in scrofulous individuals. Its development is slow and gradual. There is pain in the head, especially in the forehead. The child becomes pale and emaciated, the appetite is impaired, the temper becomes irritable, and there is a loss of the usual disposition for amusement and exercise. An early symptom is vomiting; there is some fever. The child is usually sensitive to light and sound; prefers the dark and quiet room. The face is often flushed and pale in succession. Later, in the disease, the child becomes drowsy and stupid; there is less sensitiveness to light and sound. During sleep, the child closes the eyes but partially. Finally the patient becomes unconscious. Convulsions may occur at short intervals and a fatal result ensues. Medically the disease is incurable. The only hope is in massage which if applied in

time may effect a cure. The bowels should be kept open with Sodium Phosphate.

Spinal Meningitis.

This is an inflammation of the membranes which surround the spinal chord. There is pain along the entire length of the spinal column, radiating to the extremities, and aggravated by movements of the body. In a few days, the muscles become stiffened and rigid, and there may be spasmodic contractions of the body. The only hope of cure is by early and persistent massage, medicines being of no avail, except Sodium Phosphate (Wyeth's Effervescing). Call a physician at once.

Cerebro Spinal Meningitis.

This affection, also known as spotted fever, occurs usually as an epidemic. The onset of the disease is sudden and includes a chill, nausea and vomiting, pain in the head which soon extends down the spine. While pressure along the spine does not cause pain, pressure upon the abdomen or stomach causes intense pain; the skin is also very sensitive. The patient is very sensitive to touch, light or sound. Violent contractions of the muscles take place, especially of the back and neck. Delirium is a prominent symptom, often being manifest from the first. Massage is about the only successful method of treatment, and even this often proves of no avail. Call a physician at once.

Apoplexy (Stroke).

Apoplexy is caused from a rupture of a blood vessel in the brain, or the tissues surrounding the brain, which produces pressure upon some part of the brain, and inter-

fering with the function of the part affected, causing insensibility. Sometimes the patient is rigid, sometimes limp. At other times there is an aimless movement of some parts of the body, while other parts of the body are helpless or paralyzed. An attack sometimes occurs without any preliminary symptoms; at other times there is headache or dizziness for some time before an attack. The only treatment which will be of benefit is heart stimulants and massage. A cup of strong salt water is one of the best stimulants which can be used in apoplexy. The heart stimulant to be administered should be by the advise of the family physician.

EPILEPSY.

In epilepsy, the patient often, with a shriek, falls insensible to the ground. The spasm is often for only a moment; at other times of long duration. The only treatment is to so place the patient that they cannot injure themselves, and by placing a towel or knotted handkerchief between their teeth so they cannot bite their tongue. The only hope of a cure is to determine the cause and treat accordingly, by so doing nearly every case can be cured. Massage is one of the surest ways of permanently curing most cases. A decision cannot be made as to the possibility of a cure, until a thorough examination has been made.

ST. VITUS DANCE.

A nervous disorder in which the patient cannot restrain the continuous movements of various parts, or the whole of the body. The best method of treatment is rest and massage. No medicine should be given unless prescribed

by the family physician. Sodium phosphate will be found of great benefit.

CATALEPSY.

A nervous disease in which the patient becomes apparently unconscious, helpless and rigid. The rigid condition usually soon passes away leaving the muscles more pliable, and the limbs easily moved. The best treatment is to administer aromatic spirits of ammonia in water and apply hot plates or a hot water bag to the heart. There need be no fear of death, as hysterics do not produce that result. Massage is of great benefit, and should be resorted to in all cases.

LOCK JAW.

The early symptoms of lock jaw are a stiffness of the muscles about the neck and at the back of the head, affecting the movements of the lower jaw, and then gradually extending to other parts of the body; sometimes the whole body becoming rigid. The disease is cause by tetanus baccillus being inoculated into some wound or abrasion of the skin. The best way to avoid all danger of tetanus is to wash all wounds with a solution of peroxide of hydrogen or pure alcohol. The best method of treatment is to poultice the jaws and neck with an oatmeal and lard poultice, give stimulants to strengthen the heart and massage to keep the muscles flexible. And call the most expert physician. Massage should not be used until all spasms have ceased. During the spasms massage might prove fatal.

HYDROPHOBIA.

Is caused from a person being bitten by a rabid animal.

The disease develops in four to eight weeks. The early symptoms are, dullness, depression, irritability, and general ill health. Later there is difficulty in swallowing which becomes worse as the disease develops; and hoarseness of the voice ensues. The patient also becomes extremely sensitive to sounds and vibrations. The best preventative is to wash the wound at once with warm water, and then treat it with carbolic acid or corrosive sublimate in sufficient strength to destroy the tissues and the poison with which they have been inculcated. The same result may be obtained by using a red hot wire or nitrate of silver. In addition, the Pastuer treatment should be adopted as soon as it can be obtained. Call a physician, as soon as bitten.

ALCOHOLISM.

Is caused by an excessive use of alcoholic beverages. Many a so-called moderate drinker, one who was never known to become intoxicated, suffers from alcoholism. While a certain amount of alcohol is of benefit to every person; just what amount is a benefit is hard to determine. I have treated a number of people for nervous prostration, who, though claiming to be temperate, were suffering from alcoholism; the real cause of their nervous trouble. The best method of treatment is hot baths, plenty of fresh air and exercise. As a medicine the following tonic will be found to be of advantage.

Pyrophosphate of iron ..... 40 grains
Quinine ..... 20 grains
Extract of Nuxvomica ..... 5 grains
Mix and make 20 pills. Take one before meals. Cocoa-

nut oil in tablespoon doses will be found to aid materially in a cure. While one of the best is sage tea at meal time, as-well-as between meals.

DELIRIUM TREMENS.

This affliction occurs in habitual drinkers, due to excesses or unusual abstinence. The patient becomes irritable and peevish then delirious. The person should be placed either in a straight jacket or padded cell. One of the best remedies is the following:

Bromide of potassium .....2 ounces
Hydrate of Chloral .....1 ounce
Syrup of orange peel .....2 ounces
Water .....2 ounces

Dose, a teaspoonful in water every two hours, until four doses have been taken, unless the patient becoms quiet before. Care must be taken in giving the above to discontinue its use so soon as the patient becomes quiet. For a nerve tonic give,

Tincture of Nuxvomica .....6 drachms
Tincture of digitalis .....6 drachms
Tincture of gentian .....6 drachms
Wine of pepsin .....2 ounces
Mix and take a teaspoonful before meals.

HEADACHE.

Is usually caused from some derangement of the stomach, which can often be traced to the liver. Some defect of the eyes, often causes severe headache in which case an Oculist should be consulted at once. As you only have one pair of eyes, never buy glasses of a peddlar, at a ten-cent store, or any other cheap place. Always go to an

expert. Never take patent headache powders, but consult your family physician. A sedlitz powder will often give relief. Rubbing the head will often give relief and sometimes cure.

DIZZINESS.

Is caused from some derangement of the kidneys or liver, or some defect in the eyes. If the eyes are at fault consult an Oculist; if the liver or kidneys are at fault take massage treatments. A good remedy for any derangement of the liver is,

Rhubarb	2 grains
Ipicac	¼ grain
Peppermint (oil)	⅛ gram
Aloes	½ grain
Nuxvomica	⅛ grain
Sodium Bicarbonate	5 grains

The above is on the market as Lilly's Rhubarb and Soda Comp. H. or can perhaps be more readily obtained under the name of Ripan's Tablets.

LOCOMOTOR ATAXIA.

Is a nervous affection which causes a contraction of the inner muscles of the whole body; more especially of the eyes and lower limbs. The disease manifests itself very slowly, first by failing of the eyesight and pains in the stomach and right side; often having the symptoms of gall-stones; also shooting or neuralgic pains in other parts of the body. In walking the patient cannot feel the floor. The gait is uncertain, especially in the dark. Total blindness often occurs, caused by a contraction of the muscular coat of the eye; not a defect of the optic nerve. The only

hope of recovery is in massage treatments by an expert masseur; one who understands, not only how to manipulate the muscles and nerves, but the control of magnetism; because a person suffering from Locomotor Ataxia has an excess of magnetism, therefore electricity should never be used. Benefit will also be derived from some good nerve tonic of which the following will be found the best:

Phosphorus	1-100 grain
Ext. nucis vomica	1-10 grain
Assofœditoe	1 grain
Ext. Valerian	½ grain
Ext. Sumbul	½ grain
Ferrous Carbonate	1½ grains

Take one pill three times per day. The cause of Locomotor Ataxia is overwork, or excess of any kind, and certain diseased conditions.

WASTING PALSY.

This disease is an atrophy (wasting away) of the muscles with a consequent loss of strength. It usually is first noticed by a shrinking of the ball of one of the thumbs, then slowly extending up the arm. In a short time the other arm becomes affected, also other muscles of the body.

The only cure is careful living and temperance in all things. Good plain nourishing food and massage.

PARALYSIS.

By paralysis is generally meant loss of motion. It can be caused by three distinct causes, or defects in either the brain, spinal cord or a nerve. If the cause is in the

brain (cerebrum) the paralysis is of one side of the body and the opposite side of the face. If there is a blood clot or injury to the cerebellum, then the paralysis is accompanied by atrophy and contraction of the part affected. If the paralysis is caused from an injury to the spine, then it is of a local character, as perhaps one leg. Oftentimes indigestion is caused from paresis (partial paralysis) of the solar plexus nerve of the stomach; while often kidney, liver, bowel and bladder difficulties are from the same cause. Women who suffer from severe female complaints can often trace the origin and cause of their suffering to paresis. Often times a patient has a numbness of some part of the body and imagine they are paralyzed, when in fact, they are suffering from syphilis. Many so-called consumptives of the lingering type, are in reality dying with syphilis instead of tuberculosis. The best treatment for paralysis in any form, is fresh air, sunshine, good food and massage and the attention of a physician to prescribe what remedies are needed.

INFANTILE PARALYSIS.

This condition is invariably caused by the bungling of the attending physician at the time of the confinement or to the uncalled for use of instruments. While the injury is done at the time of the birth, it may be several months before the disease is manifest. The only hope of recovery is by good food and clothing, massage, and tonic medicines prescribed by a physician.

SHAKING PALSY.

This is an affection of the aged, or those who have in-

dulged in excesses. The best method of treatment is careful diet, and rest.

NERVOUS EXHAUSTION.

This is typically an American disease. It is an exhaustion, or burning out of the nerves and nerve centers. The symptoms are varied. One of the first is an inability to keep at one occupation for any length of time. There is a tired uneasy feeling, itching of the skin, without cause; specks before the eyes, a feeling of fear of impending disaster, palpitation of the heart, tightness across the chest, highly colored scanty urine, followed by clear profuse urine, vague pains throughout different portions of the body, sleeplessness, and in fact nearly every symptom which may be mentioned. The best treatment is rest, recreation, sea-bathing if possible, reasonable exercise, sunshine and fresh air, good food and massage, and a good nerve tonic. If you are a city man, rich or poor, go on a farm for a while and carefully develop up your muscles and get your blood circulating. If you are a city woman go into the country and gather eggs, make butter and pick berries, and above all do not be afraid of getting tanned. Six months spent in the country will do you more good than six years of doctoring. Above all do not be idle. What you need is bodily exercise and mental rest. If you cannot go out into the country, take a good massage treatment every day or every other day. Do less business, but don't give up your business. Just soldier a little. Go to shows, but not to church and funerals and, take the following nerve food tablet for one year:

Phosphorus	1-100 grain
Ext. nucis vomicae	1-10 grain
Assofoeditae	1 grain
Ext. valerian	½ grain
Ext. sumbul	½ grain
Ferrous carbonate	1½ grains

Take one before each meal. Any manufacturing chemist will make them. The best way is to order them through your local druggist.

There is no disease in which massage plays so important a part as nervous exhaustion. The benefit to be derived from scientific massage is of far greater curative value than any or all medicines which can be prescribed by the most expert physician.

SUNSTROKE.

Sunstroke or heatstroke, is a form of nervous prostration caused by excessive heat. There is two forms. One is where the patient becomes pale and unconscious, the pulse is faint, skin cool, and breathing regular, while the temperature (internal) is increased.

There is no paralysis as in apoplexy. The treatment of this form of heatstroke is to loosen the clothing, do not elevate the head, and give stimulants. In this form of sunstroke, massage will be of benefit in stimulation of the circulation, and to strengthen the heart action. But an expert must be employed.

In the other form of sunstroke, the patient is unconscious, pulse faint, skin burning hot, face livid, breathing very loud; often there is moaning. The temperature may raise to 110 or higher. The treatment is one of lowering

the temperature. Therefore an ice pack should be used. If ice cannot be obtained, place the patient in a cold bath and allow cold water to run upon the back of the neck. Do not give stimulants. While the temperature can be quickly reduced by massage, it can only be done by an experienced masseur. An expert massagist can reduce the temperature of a fever in less time than any known drug; but it should not be attempted by other than an adept.

WHOOPING COUGH.

The best method of treatment in whooping cough, is to wear flannel next to the skin, take syrup of squills until the patient whoops, then give a tea made of sweet brier buds.

DISEASES OF THE SKIN.

PIMPLES.

For pimples, wash the face in hot water and castile soap, which will open the pores of the skin and cleanses the same. If the pimples still persist use the following lotion at night, or in the morning, or both:

Zinc Oxide	45 grains
Corrosive Sublimate	¾ grains
Citric Acid	7½ grains
Ext. witch hazel	3 ounces

If the above treatment does not prove to be a cure, you have some constitutional cause for the pimples which can then only be cured by removing the cause. In women the menstrual period is often the cause. There may be some female weakness, or the flow may occur in the wrong time of the month. The cause can only be determined by con-

sulting a physician or expert massagist.

DANDRUFF.

The best method for curing dandruff is to use the hair-brush freely. If that does not effect a cure, use the following:

Take of Gum Tragacanth, ½ ounce, and boil slowly until it becomes thoroughly cooked. Then squeeze through a cloth, then add,

Glycerine ..... 1 ounce
Oil Sweet Almonds ..... 1 ounce
Tincture of Benzoin .....1½ drachms

Boil all together for a few minutes, then when cooling add rose water to make a pomade and rub into the scalp each night.

ITCH

The itch is caused from a small itch mite. To cure, wash the affected part in hot water and castile soap, then anoint with lard and sulphur. Also take three times daily one-half teaspoonful of Sulphur, 1 part; Cream of Tartar, 2 parts.

SALT RHEUM (ECZEMA).

Eczema is one of the most common skin diseases known. There is redness, itching, a feeling of heat, a watery substance exudes from the surface, after which scales are formed over the surface. If the scales are removed, the surface is found to be pale red, while the water begins at once to exude from the surface. The best method of treatment is to improve the general health, wash the affected part with hot water and castile soap, then anoint with one of the following:

Diachylon Ointment .....1 part
Petrolatum .....1 part

or

Take fine cut tobacco .....½ ounce
Seeded raisins ..... 1 ounce
Plantain leaves ..... 1 ounce
Petrolatum .....½ pound

Boil all together until crisp then strain through a cloth. The best ointment is,

Resorcin .....50 grains
Corrosive Sublimate .....½ grain
Icthyol ..... 1 drachm
Lanoline .....½ ounce
Petrolatum .....½ ounce

Dissolve the resorcin in a very small amount of water, then mix all together. The above is poisonous and should, therefore, not be allowed to enter the eyes or ears. Washing the part with pure grain alcohol or alcohol and witch hazel will often relieve the itching and aid in effecting a cure.

DRY TETTER.

Dry Tetter is a skin disease which is characterized by white, glistening scales and no itching. It usually attacks the elbows and knees, but may extend over the whole body. If it effects the head, it causes excessive dandruff.

The best method of treatment is to take a hot bath in which castile soap is freely used to remove the scales, then apply the following ointment:

Chrysophanic acid .....2½ drachms
Simple ointment ..... 10 drachms

or

Pyrogalic acid .....2 drachms
Petrolatum .....2 ounces

As the above ointments are quite irritating, care must be taken in their use.

RING WORM.

Ring worm is caused from parasites in the skin. The best treatment is,

Sulphate of Zinc .....10 grains
Rosewater ..... 1 ounce

Apply to the affected part.

LIVER SPOTS.

Under this term there is two or more distinct skin affections. In one there is slightly elevated patches of a reddish brown or fawn colored, these patches vary much in size and outline. They usually occur upon the chest and root of the neck, and spread in various directions. The patches are usually quite itchy, but cause no pain, and do not affect the general health. The affection is caused by a form of fungus growth. The disease is readily cured by an application for some time of the following:

Hyposulphite of Soda .....6 drachms
Glycerine .....2 ounces
Water .....4 ounces

Another form of the disease is called moth spots and usually occur around the angles of the eyes, and often extend down the side of the face. The spots are caused by a disease of the womb which can be cured by strengthening the female organs by massage.

Fever Blisters (Herpes).

This affection is known by various names, according to its location; when it occurs upon the lips it is called fever blisters, or cold sores; when upon the side of the body it is called shingles. Herpes consists in the formation of watery blisters, several of which lie in close proximity, each surrounded by a reddened and inflamed base. The vesicles do not burst, but their contents become somewhat milky, and finally dry up. The development of the blisters is attended with itching, burning, and finally with a smarting which amounts to acute pain. In many cases one blister, or crop of blisters, will be followed by a second before the first dries up. Herpes often follows some disease, such as pneumonia. It may follow after a few days of indisposition, and is quite often preceded by neuralgia. When it occurs upon the chest, the eruption follows the edge of a rib. The age when herpes of the side—shingles—may appear is between that of ten and twenty-five years of age. The eruption of shingles begins with a reddening of the skin upon which a few blisters, as large as the head of a pin, appear. In the course of a few days these blisters have increased in size, and may run together to form blisters, as large as a bean. The contents of the blisters is at first a clear, watery fluid which gradually becomes cloudy and yellow; in ten to fifteen days the blisters begin to dry up and are replaced by blackish scabs. The disease lasts from two to three weeks; and the eruption leaves no permanent scar. The disease is innocent and harmless. The only treatment is one of relief. If the blisters occur upon the lips, use

spirits of camphor freely; if upon the body, bathe the parts with a 50 per cent. solution of alcohol, and further protect the parts by covering with a soft cloth smeared with vaseline. If the herpes reappear, the general health should be looked after.

BARBERS ITCH.

A postular disease which affects the face; the postules should be opened, the face shaved every day, after which hot flannel cloths should be applied, until, the excessive heat and pain have subsided, then apply diachylon ointment, rubbing in well. If this treatment does not effect a cure in a couple of months, then apply the following ointment after the hot cloths.

Ointment of Mercury ..... ½ ounce
Diachylon ointment ..... ½ ounce

To this add sufficient olive oil to make a soft and agreeable salve.

BALDNESS.

The first step in curing baldness is to look well to the general health. The next step is to massage the scalp well each night and apply the following, rubbing in well.

Alcohol ..... 4 ounces
Water ..... 16 ounces
Sage ..... ½ ounce
Onions ..... ¼ pound
Powdered Orris root ..... 1 ounce

Place all together and let stand ten days, then pour off and filter. Any desired perfume can be added.

ERYSIPELAS.

A febrile, microbe skin disease. The first symptoms of

the disease is a hot, puffy, stinging sensation of the skin affected. The affected part is red and swollen, and very tender upon pressure. It is strictly a skin and subcutaneous affection. It is not a blood disease, therefore cannot be cured through the blood, but only by local applications. The often serious constitutional effects is caused by the toxin of the baccillus. The disease often penetrates quite deeply into the body by following and affecting some deep lying membrane. The disease is highly dangerous, and can be transmitted from one person to another by the bacillus passing into the system through a slight wound or abrasion of the skin. The services of a competent and experienced physician should be enlisted as soon as possible. If there is high fever, give sweet spirits of nitre in teaspoonful doses every two hours, until the fever is reduced. Lemonade should be given as a drink, while an occasional hot lemonade and whiskey may be beneficial. The bowels should be kept regular by taking two tablespoonfuls of castor oil and ten drops of turpentine, as occasion may require. Do not take a bath but use a flesh brush night and morning instead. If the erysipelas is upon the face, do not wash the face, but instead apply some kind of ointment and rub off with a cloth. Also take tincture of iron in tonic doses. Apply the following ointment:

Resorcin	1 drachm
Icthyol	1 drachm
Corrosive Sublimate	½ grain
Lanoline	1 ounce

Petrolatum ..... 1 ounce
Water ..... qs.

NETTLE RASH.

Nettle rash or hives, appear in the shape of elevated patches, which are of irregular shape, flat upon the top, hard and usually of a pale red color; in some cases however, the elevated portion of the skin is whiter than that which surrounds it. In general the large ones are white in the middle and red at the edges, while the smaller ones are pale red. The rash may occur in patches, stripes, or serpentine shape. These patches itch intensely, and may be accompanied by some burning pain. The rash may appear upon any part of the body, and usually persists but a few hours. When the rash is upon the face there may be considerable swelling. It is more of a symptom than a disease; therefore, the only method of cure is to determine and remove the cause. One great cause is carelessness in regard to the diet. Perhaps the greatest amount of relief can be obtained by bathing th parts in soda or borax water.

SWEAT RASH.

Sweat rash usually occurs in the spring of the year in the form of minute water blisters which may affect only the wrists and hands, or the whole body. It is caused from a clogging of the pores of the skin. A good salt bath will usually give quick relief.

CHAPTER VIII.

EYES.

To remove foreign bodies from the eyes without pain

or danger, place the face in a basin of water and open and close the eyes a few times, when the eyes will be found to be cleansed from all foreign matter.

INFLAMED EYES.

For inflamed eyes take:

Alum .....10 grains
Water ..... 2 ounces

and wash the eyes occasionally.

GRANULATED LIDS.

This affection is caused by the inner surface of the lids being studded with minute bodies about the size of a pinhead, which may lie closely together over the entire inner surface of the lid. This is a serious affection and should be treated only by a competent eye specialist.

CHAPTER IX.

EAR.

To remove foreign bodies from the ear, syringe the ear with warm water, to which is added a small amount of boric acid.

CATARRH OF THE EXTERNAL EAR.

This is a serious affection, and one which will require time and patience to effect a cure. The disease is usually first noticed by a watery discharge from the ear, which in time thickens to a form of very offensive pus like liquid. The best form of treatment is to one pint of hot water add one heaping teaspoonful of boric acid. After the acid is dissolved, syringe out the ear thoroughly. Then drop into the ear a few drops of

Hydrogen peroxide .....1 part
Water .....3 parts
Olive Oil .....4 parts
Boric acid .....1 part

then place a few drops of this oil in the ear. This treatment if persisted in will effect a cure.

EAR ACHE.

This affection, if acute, may be relieved by dropping into the ear olive oil and laudanum equal parts.

CHAPTER X.

NOSE.

Catarrh is one of the most common diseases known. It is an inflammation of the mucous lining of the nose and throat. The best method of cure is the following ointment, which should be placed in each nostril, rubbed upon the bridge of the nose, cheek bones, temples, around the ears and glands of the throat.

Petrolatum .....1 lb.
Seeded raisins .....2 lbs.
Plaintain leaves .....2 lbs.

Boil until crisp then strain through cheese cloth, then add Menthol .....½ oz.

The above formula has been used for years by a noted Catarrh Specialist.

BLEEDING FROM THE NOSE.

For bleeding from the nose, place the feet in hot water, and massage the back of the neck. Cold water or ice applied to the back of the neck will often prove to be of assistance in stopping the blood. Never under any cir-

cumstances plug the nostrils. Nose bleed is a very common symptom of young girls of the age of puberty. This symptom before or at the age of puberty, is a sign of some defect or derangement of the female organs, and should be attended to without delay. Nothing is so beneficial to the girl just budding into womanhood, as massage.

CHAPTER XI.

THROAT AND NECK.

Goitre.

Goitre is an enlargement of a gland or glands in the front of the neck. It is usually associated with some form of female trouble, therefore, the method of treatment depends entirely upon the cause. Medicines are of no avail. Scientific magnetic massage is the only method of cure.

TUMORS OF THE NECK.

These so-called tumors are an enlargement of the lymphatic glands. They may also occur in other parts of the body and are, in fact, scrofulosis. The only method of cure is to improve the general health, take hot baths, good food, plenty of fresh air and massage. A good external remedy is the following:

Iodine .....4 grains
Iodide of Potassium .....1 drachm
Glycerine .....1 ounce
Water .....1 ounce

Rub the glands daily with the above.

CHAPTER XII.

ACCIDENTS.

Sprains are often more serious even than a broken bone, therefore, should receive the most careful attention. The first step in treating a sprain is to reduce the inflammation. For this purpose cold applications, and bathing the part with extract of witch hazel, or alcohol and water equal parts. As soon as the swelling and inflammation are reduced, the limb should be carefully massaged to prevent stiffness of the joint. The limb should not be used until all soreness has subsided. Rest will be found to be the greatest agency in recovery. It is just as urgent to keep a sprained ankle quiet as a brokenleg. Sprains cause more cripples than broken bones.

BURNS.

The proceedure in treating a burn is to keep the air excluded from the surface. For that purpose one of the best ways is wringing cotton cloths out of olive oil, and lay upon the surface of the burn. Another good way is to use Petrolatum spread upon a cloth; while cloths wrung out of hot water, in which has been dissolved some baking soda, and laid upon the burn, will give relief. Borax water can be used in the same way. One of the best ways is to place the burned or scalded portion in a hot bath and kept there for a long time; or until all fire is removed, then dressing the surface with some soothing ointment.

WOUNDS.

In dressing wounds of all kinds, the first requisite is to cleanse the wound with hot water, in which has been dis-

Fig. 7

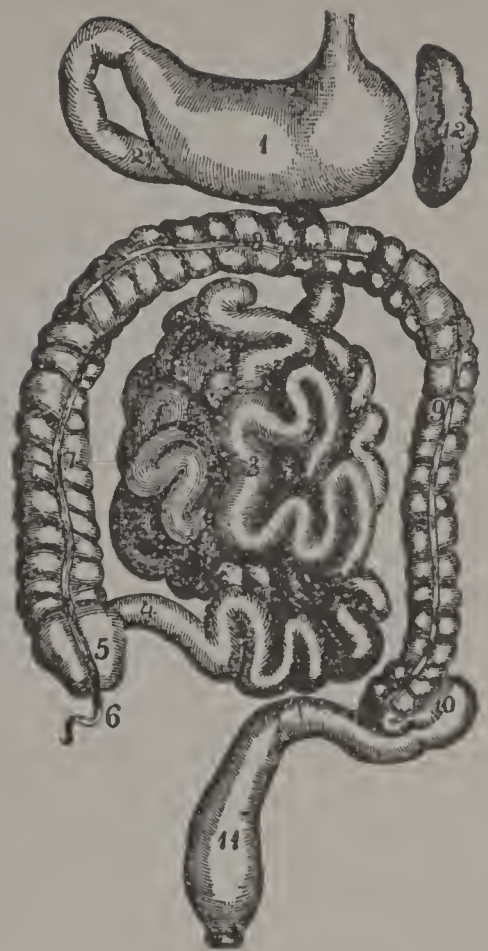


Fig. 7 The Stomach and Intestines.—1, Stomach. 2, Duodenum. 3, Small intestine. 4, Termination of the ileum. 5, Cœcum. 6, Vermiform appendix. 7, Ascending colon. 8, Transverse colon. 9, Descending colon. 10, Sigmoid flexure of the colon. 11, Rectum. 12, Spleen.

Fig. 0.

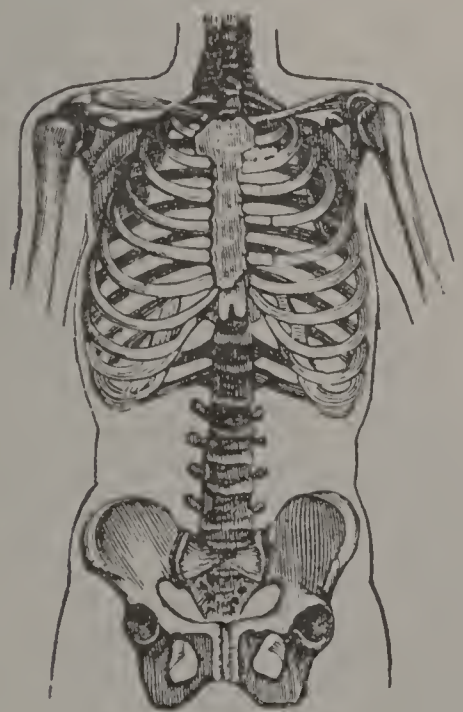


Fig. 1.

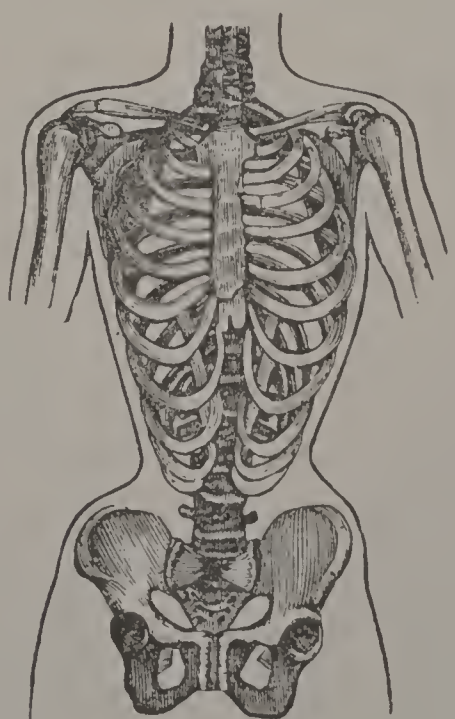


Fig. 0. A Chest well proportioned.

Fig. 1. A Chest fashionably deformed.

solved boric acid, or Peroxide of Hydrogen has been added. If the wound is a cut, after the blood is stopped, the edges of the wounds should be brought close together and bound firmly in place by narrow stripes of adhesive plaster. If the skin is torn off. then some bland ointment may be applied to the wound and the surface covered with a clean cotton cloth or bandage. A rubber bandage without ointment is often the quickest way to heal a sore or wound.

TOOTH ACHE.

For tooth ache take Salicylate of soda in five grain doses every two hours until the pain ceases. Not more than 40 grains should be taken at once. Ten grain doses every half hour will give quick relief.

If the gum is swollen, soak seeded raisins, cut in half, in whiskey and place against the affected tooth. Then place an oatmeal poultice, made as follows:—boil oatmeal in a very little water, then add lard and cook for a few minutes, then apply to the face between two cloths. Keep applying the poultice until the pain ceases. After the soreness and swelling are gone, consult a dentist, and have the offending tooth treated.

CHAPTER XIII.

DISEASES OF WOMEN.

Of the greatest importance to the human race; as well as the thrift or downfall of a nation, is the perfect health or weakness of the women of that nation. When the husbandman prepares the soil and selects the seed, for a coming crop, he uses the greatest diligence in the making

fit the soil, and the greatest care in the selection of the seed, so as to guard against disease germs in either soil or seed. Then why should we expect a poorly developed, poorly nourished and diseased woman to become the mother of sturdy and perfect offspring? Why do we see so many delicate children on every hand? Why so many crooked spines and bow legs? The answer is, ignorance of mothers. Why are our streets factories, stores and homes full of complaining women? The answer is the same, ignorance. How many women, even college graduates, are educated concerning the functions and care of their bodies? Not one out of ten thousand. If our physicians spent more time in imparting necessary and useful knowledge to their patients; teaching them how to care for themselves and live properly, instead of doping them with uncalled for and poisonous drugs, the world would be happier. There would be less divorces, fewer hospitals, fewer prisons; while two-thirds of the lawyers, nurses and physicians would find some other occupation more profitable. In the hands of woman are the reins of destiny of every nation. God bless the fresh air, outdoor athletic girl, she is the hope of the future generations.

HYGIENE OF PUBERTY.

At the present time it is an exception to find a woman who does not have some form of female weakness. Watch closely the women upon our city streets, and you will find many to have latteral curvature of the spine caused by an atrophied condition of the obliqnus externus muscles, usually of the right side; which muscular defect

can, in the majority of cases, be found in connection with some form of ovarian or womb trouble. Now what is the cause of these various forms of weakness? Simply ignorance of the laws of development and health. Before the girl reaches the age of puberty, she should be allowed the same life as her brother. She should be allowed to play base-ball, foot-ball, run, wrestle, row and swim. She should lead an out-door life; in which she is given an opportunity, to not only develop the muscles of the arms, legs and back, but more especially the muscles of her abdomen. But instead of this out-door life, our young girls are kept in the home and taught to do needlework and play the piano, and then enter the estate of womanhood in a weakened, undeveloped condition; a fit subject in a few years, for the divorce court. A woman to be true must have health; diseased and weakened conditions of the body has a like weakening effect upon the resisting power of the mind, hence, the easy downward path to immorality, disgrace and ruin. When the young girl reaches the age of 12 to 14, she begins to act rather bashful; she appears to be more sedate and thoughtful: natures first symptoms of budding womanhood. Now is the time when a mother's watchful care, sympathy and advice are to be given. The coming woman should be taught the many secrets and mysteries of her coming years. She should be carefully instructed concerning the care and functions of her organs of generation. She should be warned of the coming of her first menstrual period; that she may know of its importance and how to care for herself at that time. Many a young girl has been fright-

ened by the first appearance of coming woman-hood; and by her endeavor to keep the secret through fear of punishment and disgrace, she has laid the foundation of future pain and suffering. With the beginning of her first monthly sickness, she should be taught to be quiet as possible, refrain from all forms of excitement and social functions; to lie upon the couch during the day as much as possible; she should leave the lid of the piano closed; should be kept from church and school, and do no studying during the three or four days of the sickness. If this plan is followed from the dawn of womanhood to the change of life, female complaints and weaknesses would be practically unknown. After the cessation of the flow, there should be used a douche of warm water, in which is a tablespoonful of boric acid. Great care should be taken not to allow the water to flow with too much force, otherwise permanent injury may be done to the womb. A douche should never be used at any other time. The most fertile source of many discharges is the daily use of the douche.

DISEASES OF PUBERTY.

At no time of life is disease so apt to gain a foothold as at puberty. If the young girl enters into womanhood without proper abdominal, muscular and circulatory development, disease is sure to gain a foothold at the very first opportunity. One of the most common of diseases is of the nervous type. The young girl experiences a sense of languor; she is pale with occasional slight twitching of the muscles, often there is a slight atrophy of one of the limbs, amounting at times to a slight form of

paralysis. Headache is also prominent. These symptoms are caused by a lack of development, especially of the development of the ovaries, causing poor circulation and its attending ills. The best form of treatment is plenty of exercise in the open air, moderate exercise in a gymnasium, all clothing suspended from the shoulders, side elastics; plenty of sleep, plain but nourishing food, plenty of milk, no tea or coffee, plenty of fruit, but little meat. No medicine, but a course of massage treatments to develop up the abdominal organs and increase the circulation, will prove a sure and perfect cure. If mothers understod the value of massage for their daughters, who are just emerging into womanhood, there would not be one-tenth of the fretful, ailing women who crowd our streets. Flat chests, stooping shoulders, curvature of the spine, one hip or shoulder higher than the other, the toes of one or both feet, turning too much in or out, are all caused from lack of muscular development. One muscle becomes slightly atrophied, while its opponent is strong; then we soon have some deformity, which, if taken in time, can be easily cured by scientific massage; but if alowed to continue for any length of time, a cure may be not only tedious and expensive, but sometimes a perfect cure is impossible. In massage we only assist nature, and nature if too long abused, often refuses to allow a cure. But in all cases of deformity, avoid the plaster cast and knife; as the country today is full of incurable cripples, made so by the ignorant use of the plaster cast and knife. Ninety-nine per cent of the cases where the surgeon's knife is used to maim and rend humanity, can

be cured by the use of the hands alone, by scientific massage.

DISEASES OF THE VULVA.

No form of female complaints are so annoying as diseases of the vulva. One of the most troublesome is abscess. The best method of treatment is absolute cleanliness, by bathing the parts with castile soap and water; and so soon as the abcesses break they should be cleansed by using a solution of boric acid and water. A small soft rubber ear syringe will be found serviceable in cleansing the ulcers. Care should be taken to improve the general health, and to promote the circulation of the blood.

ECZEMA OF THE VULVA.

This troublesome complaint is caused from either lack of cleanliness, friction of the clothing, or otherwise; or the use of some irritating substance in cleaning the parts.

The best results will be obtained by cleanliness, and the use of some bland ointment such as Diachlyon ointment. If the ointment does not effect a cure, then wash the parts with Sulphate of Zinc, 10 grains dissolved in one-half pint of water.

EXCESSIVE SENSITIVENESS OF THE VULVA.

This is one of the most vexing conditions with which married women have to contend. It is usually found in connection with some nervous disorder. Medicines have but little avail, unless tonics be taken to improve the general health; the trouble is of a nervous, glanular type, and must be treated accordingly. In my experience I

have never known constitutional massage and local treatments to fail to cure this complaint.

Contraction of the Vulva.

Many a woman is wife in name only; many a young woman unable to wed, because of the muscular contraction of the vulva. This is one case where the surgeon's knife is worse than useless, but where scientific magnetic massage can overcome the muscular contraction, and effect a painless and permanent cure. I must in connection with the treatment of contraction of the vulva, say, that no ordinary masseur or osteopath is competent to handle the case. The massagist must be an adept in the knowledge of bloodless surgery, and a full understanding of anatomy, especially of the female organs; besides the gift of psychic diagnosis to further guide him in the manipulation of the muscles, nerves and ligaments of those organs. In other words, in cases of this character, the masseur must be like the poet "born, not made."

Diseases of the Womb.

Inflammation of the womb can be caused by various reasons. One of the most fertile sources is the indiscriminate use of the douche. Attempted abortion is another source of the disease. The symptoms are a heavy feeling in the lower abdomen, a sensation of heat and pain, hot flashes, headache, backache, and etc.; and a glairy white discharge. Rest is one of the best treatments, with injections of hot water into the colon. Then hot towels wrung out of water, and placed across the abdomen, into which a small amount of turpentine or salt will be found very beneficial. Care should be taken

to regulate the menstrual flow, as this is often the source of the inflammation. The most reliable and permanent cure is by massage.

CHRONIC ENLARGEMENT OF THE WOMB.

Enlargement of the womb is usually caused by confinement or miscarriage; although sometimes by chronic inflammation. The main symptoms are,—pain in the back and loins; pain in the top of the head; languor and debility; derangement of menstruation; leucorrhoea; and pain during intercourse. The best course of treatment is rest, some good tonic medicine, such as equal parts of port wine and extract of malt, to build up the general system, and massage to strengthen the sexual organs and cause the womb to return to a normal size.

PERI UTERINE INNFLAMMATION.

This affection consists in an inflammation of the tissues which surround the womb. It often accompanies inflammation of the womb or ovaries, injuries from instruments, coition. The symptoms vary. There is frequently a chill, followed by a fever; pain and tenderness in the lower part of the abdomen; sometimes nausea and vomiting occur. This is a most serious ailment, as it is a most frequent cause of displacements of the womb. It also quite often is the cause of an abscess in the neighborhood of the womb, which may break and discharge, either in the vagina or rectum. The best method of treatment is the application of hot towels over the abdomen and thighs, followed by the hot water bottle. Rest will also aid in the recovery. A douche into the rectum will also aid.

DISPLACEMENT OF THE WOMB.

This trouble may occur from various causes, but no matter what the cause, the treatment is the same. The displacement is caused by a weakened condition of the ligaments, enlargement of the womb, etc. Before the organ can be brought to a normal state, the ligaments must be strengthened so as to contract and hold the organ in place. While mechanical means are often employed, they are always found worse than useless. The symptoms are a bearing down sensation with more or less pain in the back or side, and in the groin. A falling of the womb is caused from a weakening and relaxation of all the ligaments; while a flexion is caused from a weakened condition of only part of the ligaments. In either case massage is the only rational method of treatment for a permanent cure. The only medical aid consists in tonic medicine to improve the general health. Rest and recreation will be found to aid in a recovery.

TUMORS OF THE UTERUS.

Fibroid tumors of the womb are an abnormal growth in and of the same substance as the womb itself. They often attain to an immense size, but in the majority of cases their presence is unsuspected. They always occur before the change of life, and usually cease growing at that time. The first symptoms of their presence are excessive menstruation, lucorrhoea, and a shortening of the time between the menstrual periods. The only medicine which will decrease the size of the tumors is ergot, which should only be administered by a competent physician. Massage will be found of the greatest benefit,

while persistent treatments will regulate the menstrual flow, and in time reduce and remove the tumors, until a cure is affected without the use of dangerous drugs or the knife.

POLYPUS OF THE UTERUS.

Polypus of the uterus are simply a membranous tumor which projects into the womb, or even hangs into the vagina. The symptoms are similar to other uterine tumors, increased menustration and etc. They can easily be detected by an examination, and cured without resorting to the knife, by massage.

CANCER OF THE UTERUS.

This is the most serious of all uterine diseases. The symptoms are too various to be judged by other than the medical profession. If allowed to progress too far they are incurable, but if taken in time they can be cured without resorting to the knife or dangerous drugs.

DISEASES OF THE OVARIES.

No organs of the female structure are more apt to be diseased than the ovaries. No organs of the body can be so easily cured by scientific massage as the ovaries. No organs of the body are so easily removed by the surgeon's knife as the ovaries. No part of the body is so needlessly operated upon as the ovaries. Not one case in ten thousand where the knife is used is necessary. Their removal is simply an easy way for a surgeon to make money. One of the most common diseased conditions of the ovaries is inflammation. The symptoms are soreness when walking; and pain in the affected side, fever, headache, chills and nuasea. The best home treatment is hot

FIG. 3.

FIG. 3. CORRECT POSITION IN SITTING.—1, 1, The spinal column straight; the shoulders of equal height.

FIG. 4.

FIG. 4. INCORRECT POSITION IN SITTING.—1, 1, Three curves of the spine; the shoulders of unequal height.

applications, followed by a flax-seed poultice. Congestion of the ovaries often follow enlargement of the affected ovary. Either of these affections are easily cured by massage, without pain or inconvenience to the patient.

Ovarian Tumors.

Ovarian tumors are of several types, but the most common kind are known as cystic tumors. They are caused by poor circulation, lack of development, and stagnation in the ovaries and surrounding tissues. The symptoms are usually similar to those of pregnancy. The tumors are medically incurable, but if taken in time can easily be cured by scientific massage; but if the tumors are allowed to attain a considerable size, massage, unless done by an expert is often dangerous.

CHAPTER XIV.

Diseases of Infants.

Indigestion.

No class of diseases require, in their treatment, more common sense and less medicine than those of infants. One of the most troublesome complaints is Diarrhoea. It is not advisable in these cases to give any medicine. The best treatment is to give the child a good bath, and put them in bed, and keep them perfectly quiet, and give no nourishment for half a day, unless it is a very little barley water. By placing the hand on the left side near the groin and moving it slowly upward as far as the ribs, will aid in decreasing the discharge. Holding the hands upon the abdomen will be found to be of great benefit. Indigestion in infants is simply caused by overfeeding.

When the child is troubled with stomachache, gas, etc., you can depend upon its having indigestion. The only rational cure is by placing the child upon a careful diet, and feeding it only what experience shows to agree with it. To expel the gas a little catnip or peppermint tea may be found beneficial.

CONSTIPATION.

Constipation is invariably caused by careless feeding. For a cure, be careful what the child eats. Give but little or no meat, and plenty of fruit. Give plenty of exercise in the open air, hot baths, and plenty of water to drink. Massaging the back and abdomen will readily cure this complaint. Cathartics should never be given to children. Good ripe fruit, water and exercise, will do the work.

CROUP.

This is one of the most common and troublesome of children's complaints. The symptoms are a tightness across the chest, hoarseness, fever and a metalic cough. It usually comes at night, with difficulty in breathing. Medicines in the usual form of the croup, are unnecessary. The only treatment required is to keep the child warm, and all doors and windows closed, while the room is well-filled with steam. Hot cloths should be applied to the throat and chest, while hot herb teas should be given. Placing the feet in hot water will be found of great benefit; while a hot bath is of great value, especially in membranous croup. The ordinary form of croup comes on very quickly and without any preliminary symptoms. In membranous croup the child is usually listless and dull, with more or less fever for three or four

Fig. 6 .

Fig. 6 . The Dorsal Muscles.—The first, second, and part of the third layer of muscles of the back. The first layer is shown on the right, and the second on the left side. 1, The trapezius muscle. 4, The latissimus dorsi muscle. 5, The deltoid muscle. 7, 8, The gluteus medius muscle. 9, The gluteus maximus muscle. 11, 12, The rhomboideus major and minor muscles. 16, The serratus posticus inferior muscle. 22, The serratus magnus muscle.

days before the real attack comes on. In this form of the disease, an emetic should be given without delay, to dislodge the membrane which forms in the throat. If the child cannot swallow readily, vomiting may be brought about by tickling the throat with a feather or the finger. Rubbing the throat and chest with lard and turpenine will often alleviate the patient. If medicines are required make a syrup of ipecac and honey or sugar. If there are symptoms of membraneous croup, call a physician without delay.

CONVULSIONS.

Convulsions are very common with children and are brought about by various causes. A line of treatment cannot be suggested until the cause is determined. In the majority of cases, worms will be found to be a factor in the case. Regardless of the cause massage will be found to be the best form of treatment, more especially if there should exist any spinal irritation. A physician should be consulted.

CHAPTER XV.

HYGIENE.

Health is a normal condition; while sickness is an abnormal state. If we are born of healthy parents, and obey the laws of nature, we need never be sick; but just as sure as we disobey nature's laws, just so sure will disease lay its finger upon us and sickness follow. There is no study so absolutely necessary to our every day life, and so little understood, as the care of our own bodies. In our schools, our children are taught the various sci-

ences, and given a polished education with but very little teaching in regard to the care of their own bodies. Many of the things set forth in our works upon physiology and hygiene are absolutely false and misleading to the young. Many facts which should be taught to our girls and boys by parents and teacher, are left unspoken through false modesty. The child is left to find out for themselves the laws of nature, and often those laws come to them through unreliable channels. Many a boy or girl has begun life with a shattered constitution through the acquiring of some secret evil habit taught to them by ignorant and evil companions. Teach your boys and girls that their body is the holy temple of their souls, a dwelling place not made by hands, but given to them by the Great Creator of all things; and when they sully their bodies by any evil habit, that they desecrate the temple of God. Mothers do not think that your sons and daughters are above reproach, but be ever vigilant for the first sign of dissipation. Mothers gain the confidence of your daughters, by being a companion and confident to them. Fathers take your son by the hand and in comradeship help them over the rough places, and keep them upon the right road which leads to health, happiness and manly men.

CLOTHING.

One of the most important things relative to health is the proper clothing to be worn. The ideal clothing to be worn next to the skin, in either winter or summer, is pure wool. The weight of the goods should be determined by the season; very light in summer, and medium

to heavy in winter. In order to prevent sore throat and kindred complaints, including bronchitis, wear a good chest protector, front and back, but leave the throat and neck exposed. Wear woolen stockings and heavy shoes, but no rubbers.

In winter to make shoes water proof, soak the soles over night in linseed oil. Underclothing should be changed once each week, but not oftener. Changing the under clothing too often robs the wearer of their magnetism. None of the clothing worn through the day should be worn at night.

EXERCISE.

Exercise is one of the most valuable aids to health. Many men and women are complaining and sick through lack of exercise. A good brisk walk early in the morning, and before breakfast, will often do more permanent good than a cart full of medicine. For those who follow a sedentary life, an hour each day spent in a gymnasium will keep their muscles hard and elastic, their heart strong, their breathing deep, their eye bright and form erect; the picture and reality of perfect health. If you have not the advantage of a gymnasium, it is no excuse for lack of exercise; because walking is unequaled by any other form of exercise. When walking, carry the head high, the shoulders thrown well back; breath slowly but deeply, and you need never fear consumption. As sunlight is an absolute necessity for all forms of vegetation, so it is of equal value to the human race, as a remedial agent. Let the sun shine full on the face and hands, let the freckles and tan have full sway, and health will be

your portion. A good sun bath is of more value to the debilitated and diseased body of mankind than a week's sojourn at the mud baths of Hot Springs. Horseback riding, rowing and golf are great muscle and tissue builders, and far preferable to a sanatarium.

VENTILATION.

If fresh air could be purchased by the pound, we would strive to keep on hand a good supply; but as it is free to be had without money or price, many of us deprive ourselves of its benefits, through fear of catching cold. When our forefathers lived in a log house, with its broad and open fire-place, which kept the air of their house in a pure and uncontaminated state, the Lagrippe, and kindred diseases were unknown. But as soon as the iron stoves came into use, perfectly ventilated houses became a thing of the past. Now we have our doors and windows tightly closed nights of summer, and days and nights of winter. If we would only throw wide the doors and windows and let the pure, fresh and invigorating air come in, disease would be to a large extent, banished from our midst. When the furnace first made its appearance, the intake air pipe was from the outside, now the intake pipe is connected with the floor of the hall; because it takes less coal to reheat the air in the house, than the cold air from the outside. The windows in our sleeping room should never be closed. It should be down from the top at least six inches in the coldest weather, and taken out entirely in the summer. If possible two windows should be kept open, one on each side of the room. No person can take cold in a draft, because the whole body is cooled at the

same time, but it is when the cold air strikes on one side of the body that we catch cold. If possible, in the summer, we should sleep in the open air, preferably upon a porch. The whole home should be thrown open morning and night for a thorough airing, regardless of the weather. It is well to remember that fresh, pure air is far easier to heat than heavy impure air; so if you wish your home to be comfortable in winter, keep it well aired.

FOOD.

Food and water are required to build up the body. The two main elements are nitrogenous substances, found largely in the flesh of animals, and saccharine (sugary) found chiefly in vegetables. In both animal and vegetable substances there is another element required for the human system, which is mineral. The most perfect food for sustaining the body is a combination of both animal and vegetable, with the addition of ripe fruits, to furnish acids and other substances for the body. The amount, as-well-as the kind of food, required to sustain the body, must be determined by the individual. As a usual thing one requires more of a meat diet in winter, and vegetable diet in summer. The greatest value of fruits is to purify and cool the blood. A good ripe apple or pear, and a big drink of water before going to bed, if persisted in for a time, will not only cure constipation, but nearly all forms of bowel and stomach troubles. The only iron clad rule to follow in regard to eating, is to masticate the food thoroughly, eat slowly; never have a liquid in the mouth at the same time with solid food. In other words, never wash down your meals. Liquids taken at meal time are

a great aid to digestion. Chew your food, then swallow it; then take a drink if you want it. One pint of liquid if taken in that way with each meal will cure dyspepsia. Never drink strong tea or coffee. Never use milk in your tea. If you are nervous or worn out, instead of drinking tea or coffee, drink sage tea with sugar and milk at each meal and see how your health will improve. Of all drinks, milk is the most perfect for young or old. Instead of beer, drink buttermilk and you will escape serious kidney trouble and dropsical complaints. If you go to bed and cannot sleep, get up and eat a very light lunch; return to bed and you will go to sleep at once. If your stomach is all out of gear, just fast for a day or two, but drink plenty of pure water, and you may escape a serious illness. Eat your meals at regular times each day, but never eat between meals, unless it is fruit. If three meals do not satisfy you, eat five or six, and it will not hurt you. If you have no appetite in the morning, then do not eat anything until noon. Many of the strongest men and women, both physically and mentally, never eat but two meals a day. If you are fat, drink but very little; if lean drink plenty, especially water.

FRUIT AND VEGETABLE CURES.

As all fruit and vegetables contain medicinal properties, I will give a carefully prepared list. Spinach and dandelion for kidneys. Horseradish and celery for the nerves, rheumatism and neuralgia. Tomatoes for the liver. Onions, garlics, leeks, chives, and shallops for the heart and stomach. Blue berries for the heart and brain. Carrots for the asthma. Water-cress for the scurvy.

Asparagus and figs for the blood. Turnips for the nerves and scurvy. Raw fruits to purify the blood. Oranges and lemons for rheumatism. Walnuts and peanuts for obesity. Melons for consumption. Bananas to increase the weight. Figs and cranberries for eczema, erysipelas, cancer, and all germ diseases. For indigestion caused from gastritis take one teaspoonful of sugar before meals.

CARE OF THE SICK.

The element, in the care of a patient, which conduces most to their recovery, is proper care. As plants will not thrive in a subdued light, but be of a pale sickly color, how can we expect a sick person to recover from an illness in a darkened room. A sick room should have the curtains removed, so as not to exclude the light or sunshine. If the strong light is tiresome to the eyes, an eyeshade or bandage can be used, but in no circumstances should a room be darkened. The sick room should be the most pleasant room in the house, having an unobstructed view of sky and landscape. No matter how sick a person may be, they should be propped up with pillows a part of the time. As poisonous germs are a menance in the sick room, care should be taken to prevent the collection of all dust. The best way to prevent the collection of dust is to remove all unnecessary furniture; such as; carpets, rugs, all upholstered furniture, draperies, books and pictures. Never talk in a whisper in the sick room, but always use your natural tone of voice. Never walk upon your tiptoes, but wear light shoes and walk in your natural way. Never allow visitors or over solicitous friends to enter the sick room. A sick person wants kindness at all times;

foolish sympathy at no times. Never trouble a sick person concerning domestic or business affairs.

FOOD FOR THE SICK.

CHICKEN BROTH.—The best food for an invalid is chicken broth which is made as follows:—Clean half of a chicken and pour on it one quart of cold water; add a little salt and one tablespoonful of rice; cover the vessel closely and boil for two hours. Throw in near the end of boiling, a little parsley or celery chopped fine; skim the broth before using. This is one of the most valuable articles of diet at the command of the physician in the low stages of disease, when the patient's system requires support, but his digestive powers will not admit of solid food.

MUTTON BROTH,—A pound of lean mutton may be placed in a quart of cold water with a little bread and salt; it should be boiled about two hours, and skimmed before using.

BEEF TEA,—This has value as an article of food for invalids. While it really contains but very little nutriment, it acts as a stimulant. It may be made by cutting into small pieces about half a pound of fresh beef, from which the fat has been separated, this should be put into a vessel, into which a pint of boiling water is then poured. The vessel is then allowed to stand by the fire; after which it be boiled for five or ten minutes, and the contents then strained, after which salt the liquid to suit the taste.

LIEBIG'S BEEF TEA IS MADE AS FOLLOWS,—One pound of lean beef, free from fat, chopped fine and uniformly mixed with its own weight of cold water (one pint) slowly heated to boiling; and the liquid, after boiling

briskly for a minute or two, is strained through a towel. This is the most strengthening of all beef teas.

GRUELS.—The ordinary gruel is made by adding two tablespoonsful of cornmeal to a teacupful of cold water. It should be well stirred and placed in a suitable vessel; an additional pint of water is added and it is then allowed to boil gently for at least five hours. Oatmeal gruel may be made in the same way by using four tablespoonsful of oatmeal.

ICELAND MOSS JELLY,—Is made by soaking a pound of the dried moss for twenty-four hours in water, and then dried by pressing it in a coarse cloth. It is then placed in water, an ounce of the moss being sufficient for a quart of water. It should be boiled until about half the fluid has evaporated, and then strained through a sieve. The jelly must be sweetened or mixed with milk. Irish moss may be prepared in the same way.

TAPIOCA JELLY, is made as follows: A tablespoonful of tapioca is put in a pint of water and allowed to stand upon the stove for two hours, after which it is boiled for ten minutes, being stirred briskly all the time. It should be sweetened with sugar and flavored with lemon juice. It may be served with milk. Rice may be made into a jelly by slowly boiling an ounce of it in a quart of water for three hours. As the jellies contain but little nutritious matter, they should never constitute the whole diet. Any kind of cooked fruit will be greatly relished, especially peaches and cranberries. Oranges are very refreshing, and bananas nourishing.

CHAPTER XVI.

DISINFECTING.

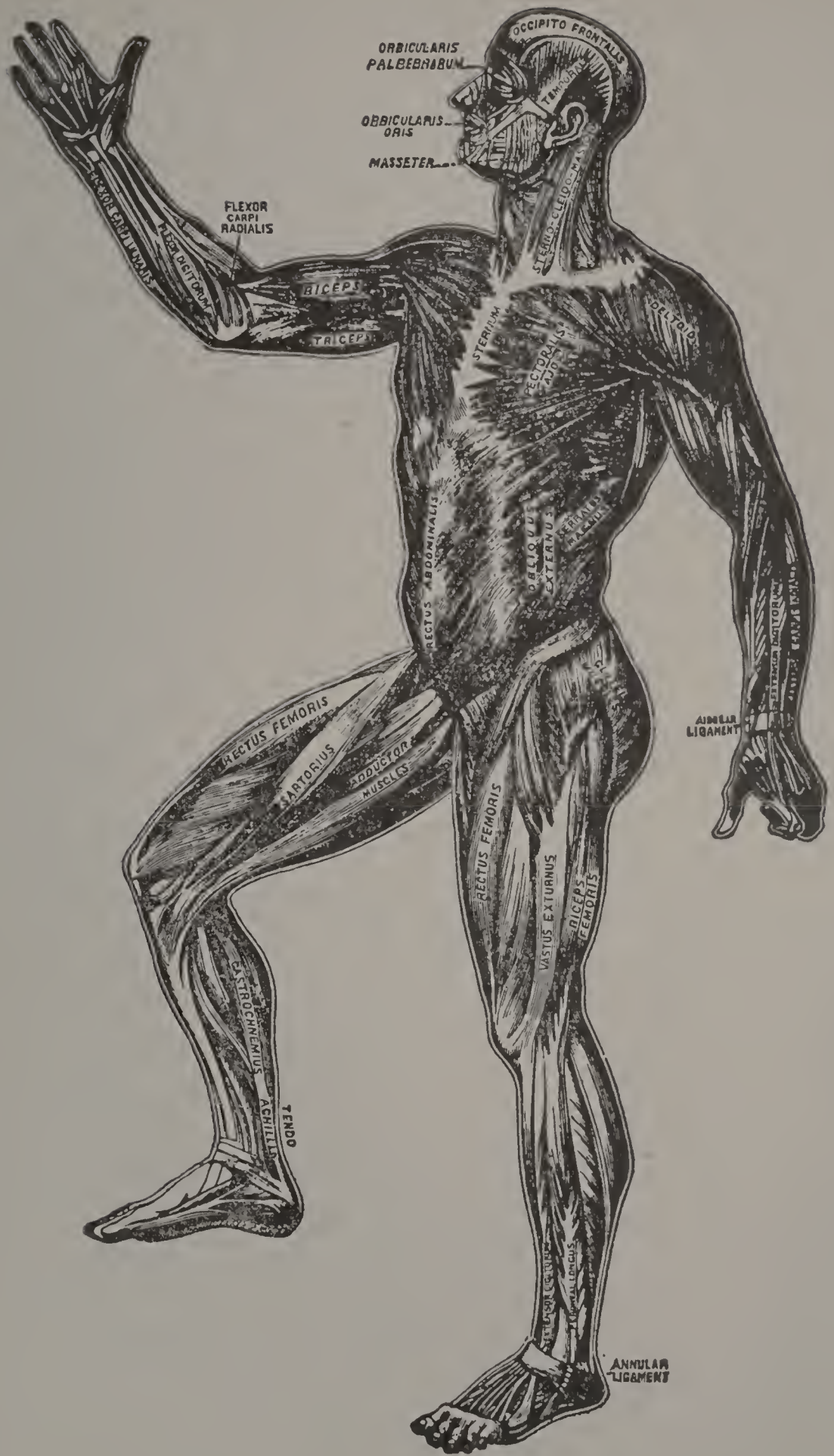
In order that the air in a sick room may be kept pure, disinfectants should be used. Of which the following may be used: Bromine may be placed in saucers and set about the room. Chloride of lime may be placed in dishes, and a small amount of very weak vinegar added. For scrubbing the floor use carbolic acid ½ pint, water 6 quarts. Books and papers may be disinfected by heating them in an oven to a temperature of 200 degrees Fahr. All clothing should be immersed in a disinfecting solution of carbolic acid one part, water 20 parts, before they are removed from the sick room. For disinfecting bed-pans and similar vessels, use listerine one part, water 5 parts. For cleaning water-closets and vaults use sulphate of iron (green vitrol) one pound, water 1 gallon.

CHAPTER XVII.

THE BED.

The bed for a sick person is an iron bedstead, and iron frame, with finely woven spring. The mattress should not be too thick, but smooth and covered by a blanket. Never use more than one mattress. The covering of the bed should be light, but warm enough to keep the patient comfortable. If possible change the mattress and bed-covering every day, which will give each one twenty-four hours to air. If this plan is followed, the patient will not get bed-sores. And remember to always keep a window open at the top, and two windows are even better than one. A patient will not take cold by fresh air coming

FIG. 8.


OCCIPITO FRONTALIS
ORBICULARIS PALPEBRARUM
TEMPORAL
OBBICULARIS ORIS
MASSETER
FLEXOR CARPI RADIALIS
FLEXOR DIGITORUM
BICEPS
TRICEPS
STERNUM
PECTORALIS MAJOR
DELTOID
RECTUS ABDOMINALIS
OBLIQUUS EXTERNUS
SERRATUS MAGNUS
ANNULAR LIGAMENT
RECTUS FEMORIS
SARTORIUS
ADDUCTOR MUSCLES
VASTUS EXTERNUS
BICEPS FEMORIS
GASTROCNEMIUS
TENDO ACHILLIS
ANNULAR LIGAMENT

into the room. To avoid a draft from striking a patient, stand a screen in front or at the foot of the bed as the case may be. A pan of water standing in the room, if changed often, will aid in purifying the air.

CHAPTER XVIII.

MASSAGE.

As massage is fast coming to the front ranks as a remedial agent, I will give you a few general directions in its application. No person is competent to give a regular massage treatment unless they have a general knowledge of anatomy and disease. But in many cases a person can be of great aid to a patient, without any knowledge of anatomy, by simply having a general idea of massage. All manipulation or rubbing of the limbs should be done by a circular movement and toward the heart, in order to accelerate the circulation and stimulate the nervous system. To quiet and strengthen the nerves, pass the hands lightly over the body toward the extremities. To quiet the heart make light passes, starting at the center of the chest and above the heart, toward the left around the heart. To reduce fever make long, light passes, beginning at the forehead and passing down the whole length of the body. To stop epileptic fits manipulate the back of the neck at the base of the skull. To stop convulsions grasp the left hand tightly with your left hand, and then make the circular pass around the heart. To revive a fainting or hysterical person, press the thumb against their forehead, between and just above the eyebrows; so soon as the eyelids begin to twitch, stop

pressing, but if they lapse into unconsciousness again, repeat the pressing upon the forehead.

CHAPTER XIX.

TO REVIVE A PERSON IN CASE OF DROWNING.

Roll them upon a barrel, or place the hands under the chest and stomach and hold them up so as to get out the water; then place the patient upon their back and place both arms above their head, then bring them downward and forward, bringing the hands down upon the chest, then press down firmly, then slowly bring the arms above the head again. Repeat this process slowly for at least one hour before giving up hope. While the hands are being pressed upon the chest, let another person make a circular pass with both hands over and around the heart to the left. While working the arms, it is a good plan to let some one rub the feet and legs briskly, as this will tend to promote the circulation, which is just as important as to revive respiration. As soon as the patient begins to breath, rub the spine briskly. It is of no use to force down stimulants, until the patient can swallow.

CHAPTER XX.

SPECIAL CHAPTER.

PREGNANCY.

As most married women are more or less interested in the signs of pregnancy, I shall endeavor to give a correct description of the symptoms. The symptoms often vary greatly with different individuals. Some of the most usual symptoms are cessation of the monthly sickness, the

morning sickness, capricious appetite, a hardening of the bust, prominence of the nipple, with a darkening and prominence of the nodules surrounding the nipple. An enlargement of the abdomen takes place after the fourteenth week of pregnancy, before that time, or in the first weeks of pregnancy, there is a contraction of the abdomen. There is life felt, (movement of the foetus) from the nineteenth to the twenty-first week. There are cases on record where the menstrual flow continued through pregnancy, even up to the time of delivery. It is a very common occurrence for the menstrual flow to be very profuse during the first two or three months. The cessation or delay of the monthly sickness is by no means a sure sign of the pregnant state. It may be caused by a slight cold, worry, nervousness, diabetes, a tumor of the womb or ovaries, and many other causes. The enlargement of the abdomen, similar to pregnancy, may be caused by a tumor of the womb or ovaries, Bright's disease, dropsy, diabetes, or catarrh of the stomach or bowels; any of the diseases may also cause a cessation of the menstrual flow.

PREVENTION OF PREGNANCY.

While the country is flooded with douches, and syringes of various forms, and other apparatus to prevent pregnancy, none of them can be relied upon. While there is a very simple method of prevention, perfectly safe, sure and not injurious to health, it is considered, by law, a crime to impart or place in print such knowledge. I, therefore, must refrain from so-doing. It is well to notice that the more perfect health a woman enjoys, the

less liable she is to become pregnant.

SYPHILIS.

The curse of humanity, and the cause of scrofulosis, and nine-tenths of the cases of consumption is syphilis, either inherited or acquired. The disease is divided into three distinct stages. The first, or primary stage of the disease manifests itself in the course of a few days or weeks, by a small, shallow sore upon the spot exposed to the contagion, usually upon the genitals, although it may appear upon the lips or cheek, if the infection is by a kiss, or upon the hands or other parts of the body. Right here I will say, never kiss a baby or other child; never kiss or be kissed by a grown person; never wipe upon a towel at a hotel or boarding-house, which is used by other people; never wipe upon a towel used by a person, who shows any kind of a rash upon the face; never sleep in a bed where another person has slept, unless the sheets have been changed. Never use another person's comb or tooth brush, or let another person use yours; never smoke another persons pipe, or let them smoke yours; never buy second-hand clothing, or wear another person's clothes, or let them wear yours. The primary sore is not very painful; is surrounding by a thickening of the skin and tissues, so that if you take the sore between the thumb and finger, it has the same feeling as the end of the nose when held between the thumb and finger. The sore is usually not more than one-fourth to one-half inch in diameter; quite often it heals of itself in a few days, or it may be very obstinate in healing; it always leaves a pit or small scar. If the sore is upon the genitals, the glands in the

groin first enlarge, then the enlargement extends to the other glands, especially the glands of the throat. If the sore first appears upon the lips or face the glands of the throat are first affected. The only treatment is to burn out the primary sore with a caustic pencil as-soon-as it first makes its appearance.

SECONDARY SYPHILIS.

The spread of the disease through the system is made manifest by a series of symptoms which culminate in a rash upon the skin. This rash usually appears from six to eight weeks after the disease is contracted. For a few days before the rash appears, there is a general feeling of lassitude and general indisposition, wandering pains in the joints and head, fever, loss of appetite and sleep, and often profuse perspiration. The rash appears in the shape of delicate red spots, from a quarter to a half an inch in diameter. With the appearance of this rash the other symptoms subside. The rash spots are not elevated, there is no eruption at this time; the skin being perfectly smooth, changed in nothing but color. This rash, or roseola, is seen most distinctly in the sides of the neck and chest. In a short time pimples or small ulcers break out upon different parts of the body, or the skin may become scaly. In fact the eruption for the first six or eight months are so varied that it would require a complete work in the description. One fact should be remembered, that the rash, pimples or ulcers of syphilis do not itch. A good way to treat the primary sore after it has been treated with caustic, is to sprinkle it with iodoform powder night and morning, and then covering with ab-

sorbent cotton. If the sore should prove to be painful, it may be treated by the following lotion, applied upon a soft cloth:

Wine of opium ..... 4 drachms
Lead water ..... 4 drachms

The best internal or constitutional remedy is the following:

Iodine ..... 8 grains
Iodide of Potassium ..... 1 ounce
Syrup of Sarsaparilla ..... 8 ounces

Mix and take a teaspoonful after meals. To harden the gums and keep the mouth in good condition, gargle the mouth with the following:

Alum ..... 2 drachms
Chlorate of Potash ..... 3 drachms
Water .....½ pint

If the throat becomes sore use the following gargle:

Borax ..... 3 drachms
Water ..... 8 ounces

If there should be small tumors which do not disappear by the constitutional treatment, it will be advisable to place cotton around them and treat them with the following mixture:

Corrosive Sublimate ..... 2 grains
Alum ..... 1 drachm
Camphor .....½ drachm
Alcohol ..... 2 ounces
Glycerine ..... 1 ounce
Water ..... 1 ounce

The parts should be washed clean and the above lotion applied with a piece of soft cloth. If the tops of these little tumors are ulcerated, it would be better to apply the following wash:

Corrosive Sublimate	1 grain
Alum	1 drachm
Alcohol	½ ounce
Ether	½ ounce
Collodion	½ ounce

The above should be applied to the ulcers with a camel's hair brush. The very best way for any person to do, who has been exposed to Syphilis, is to place themselves into the hands of an expert physician; the disease being too serious to be entrusted in the hand of any but a physician of wide experience.

CLAP—(GONORRHOEA.)

Gonorrhoea consists in an inflammation of the mucous membranes of the genital organs in male or female, accompanied by a discharge of pus. From the fourth to the eighth day after exposure, there is a slight itching of the parts, followed in a few hours by a watery discharge, which in a day or two becomes pus. In the treatment of the disease, the diet is of the greatest importance. No tea, coffee, wine, beer or spirituous liquors should be used. No fat meat or grease of any kind should be eaten. This form of diet must be continued for a month after an apparent cure has been affected. The following constitutional treatment may be used.

Balsam of Copaiba	1 ounce
Peppermint water	2 ounces

Compound spirits of lavender ..... 2 ounces
Mucilage of gum arabic ..... 1 ounce

A tablespoonful may be taken three times a day. After eight or ten days the following injection may be used:

Sulphate of zinc ..... 8 grains
Laudanum .....1 ounce
Glycerine ..... 3 ounces
Water ..... 4 ounces

This may be used as an injection four times a day. It is always advisable to consult the family physician, but never take a patent medicine, or consult a specialist for gonorrhoea.

STERILITY.

Many married couples are unable to bear offspring for some apparently unaccountable reason. The defect will usually be found in the female, through, either lack of development, or some of the many forms of weakness. I have found, by experience, that at least nine-tenths of the so-called barren women, can be made to become mothers by a short course of massage treatments, which can be so given as to stimulate the sexual organs; and by improving the general health, the desired result is gained.

CHAPTER XXI.

CONFINEMENT.

As the law requires that a physician, or licensed midwife, shall be in attendance upon every confinement case, a general knowledge is not of as great a necessity as in former times; but as is often the case, a physician or midwife cannot be procured in time, I will give plain direc-

tions for a successful encouchment. As the time of delivery approaches, there are vague and apprehensive pains throughout the abdomen. A few days before a confinement, there is a settling of the foetus into the vaginal cavity, which gives the patient great relief, especially in breathing. The patient should be allowed to follow their own inclinations, and walk around, and keep upon their feet as long as they like. They do not often care to be in a, reclining position, until, after the so-called, water breaks. One of the first essentials is in preparing the bed which should be as follows from the bottom up; mattress, oil-cloth or newspapers, sheet, four folded sheets pinned down, oil-cloth, about three feet square, quilt, sheet. As the patient always desires something to pull against, a twisted sheet should be fastened to each corner of the bed, of the proper length for her to reach. When the real labor commences, the pains become more frequent, with a desire to bear down as though to expel something from the body. The patient's garments should now be drawn up about her so as not to become soiled. As the pains become more frequent and the straining more severe, many seemingly alarming symptoms may develop. But no matter how contorted may be their features, or how livid their countenance, there may be no alarm felt, as it is only a part of the natural proceedure. The most intense pain and exertion are when the head is coming through the vaginal cavity. As the child's head issues, the attendant should cover their hand with a towel and then, placing their hand beneath the child's head, raise it up and keep holding it until the delivery is complete. After

the head is delivered there is usually a brief rest upon the part of the patient before the body is delivered. When the birth is complete, if there is a difficulty in the child's breathing, the mouth should be cleaned by inserting the finger, and if it does not breath at once, a sharp slap, with the hand or a wet towel upon any part of the body will be sufficient. The next thing is the cutting of the naval cord, which is done as follows:

A piece of twisted thread is tied firmly around the cord about two and a half or three inches from the child's body, then tied about one inch nearer the mother and the space between cut with a sharp pair of scissors. The child should now be wrapped in a blanket or piece of flannel and removed to a place of safety in an adjoining room. The attention should now be directed toward the mother. After the birth of the child there is usually a cessation of activity in the womb for ten to thirty minutes. During this time a sense of coldness, even chills, may occur. Within half an hour after the birth, the after-birth will have become detached from the womb, and is lying in the vagina, from whence it can be easily removed by gently pulling upon the cord. If the after-birth does not become detached from the womb in thirty minutes, the womb should be grasped through the abdominal muscles and slowly kneaded until the after-birth becomes detached, when it may be removed as before. After the removal of the after-birth, the womb should be felt as a firm hard body, about the size of a cocoanut, in the lower part of the abdomen. If the womb remains large and soft it should be gently kneaded until it becomes firm.

The uppermost articles on the bed may now be moved down toward the foot of the bed six or eight inches, so as to give an opportunity to cleanse the mother, which is done by simply washing the parts with warm water, to which a little alcohol is added. If her garments have been soiled, they should be removed and replaced by clean ones, and then the upper sheet, quilt and oilcloth may be removed. A large folded napkin should now be placed between her thighs, but not brought up and pinned, so as to prevent the escape of the discharges from the vagina. A bandage should now be applied reaching from about the hips to the middle of the thighs. It should be simply drawn snug and pinned, at intervals of about one inch. The child should now be placed to the breast and the mother left quiet for an hour or so, after which a cup of tea or milk or wine may be given. It will be necessary to change the napkin, at which time the parts my be washed with warm water and alcohol. Every day the bandage may be loosened and the abdomen gently massaged. After the first week, the bandage may be dispensed with.

ATTENTION TO THE CHILD.

The first attention, which the child requires, is to annoint it with pure olive oil; after which it should be washed with warm water and castile soap. The bathing should be done in a warm room, so as not to give the child a chill. After the bath, the naval should be dressed with a small piece of oiled muslin or cotton batting. A flannel bandage should now be placed upon the child; then warmly wrapped in a woolen blanket and placed to its mother's breast. The young child should be given a warm

sponge bath each morning, but not oftener; too much bathing robs the infant of its magnetism. The secretion from the mother's breast is at first of a watery consistency; nevertheless it is just what the infant requires. When the infant's system demands real milk, the mother's breast will supply it. A great mistake is made by most mothers in nursing a baby every time it cries or is fretful. A newborn infant requires to be nursed about every two hours, while a baby from four to six months old and thereafter, does not need to be nursed oftener than every four hours during the day and once during the night. Too much nursing causes indigestion and other ills of infancy. Of the greatest importance in the care of an infant is to never dry the soiled napkins and use them again. They should be washed after each time they are removed from the child. Soiled napkins are the direct cause of all irritation of the skin, often so annoying in the care of an infant. The mother's milk supplies all the need of the infant. No solid food should be given to an infant until after it has teeth. If the mother's milk is deficient or lacking in quality, it can be increased to any extent, and enriched to any degree by the mother eating Brazil nuts (nigger toes).

WEANING.

The child should be nursed, until, it has a full set of teeth, at which time it should be weaned. If the mother should become pregnant while nursing an infant, then it is advisable to begin feeding the child. In such cases it is often desirable to wean the child.

CHILD BED FEVER.

Symptoms for the first two or three days after delivery, everything may appear normal, but on the fourth or fifth day the woman becomes listless, looses her appetite, and may have a slight headache. This may soon be followed by a chill, often quite violent; this is followed by a high fever, intense pain in the head, flushed face, suffused eyes, pain and extreme tenderness in and around the enlarged womb. Within twenty-four hours the abdomen is often bloated; the lochial discharge ceases, or is greatly diminished and often very offensive. The milk is often diminished and delirium may ensue. The cause of the trouble is often from lack of care and cleanliness, and the failure to keep the womb evacuated. The only home treatment is to give a hot bath, and put hot towels across the abdomen. In nearly every case a physician should be called.

PUERPERAL CONVULSIONS.

May occur before, at the time, or subsequent to confinement, they are often preceded by swelling of the feet, pain in the top and back of the head. Just before a fit the pain in the head becomes aggravated, and continuous, while partial or total blindness may occur for a time. But very little can be done, other than by a physician or expert masseur.

MILK LEG.

This occurs as the result of a lymphatic inflammation which usually takes place during the first month after delivery. There is usually a feeling of weight in the pelvis, and often a pain in the groin, and in the hip.

About this time, there is usually a chill, followed by fever, after which the swelling begins in the groin and progresses down the leg. It often feels to the patient like a wooden leg. The best form of treatment is by massage, which puts the lymphatic circulation in a normal state, thereby effecting a permanent cure.

LACTATION AND SEXUAL INDULGENCE.

As there is very close relation between these two functions, it is well to inform ourselves in this respect. No woman is fit to become a mother, who is unwilling to nurse her offspring; and no mother is fit to nourish her babe unless she is willing to restrain herself from excessive sexual indulgence. The maritial relations between husband and wife should not be resumed before the third month after confinement, and even then extreme temperance should be the rule. The health of the child should be the guide in every case.

CHAPTER XXII.

MEDICINAL HERBS AND THEIR USES.

In the following table in the first column is the name of the herb; in the second column the properties; while in the third column is the dose:

Aconite leaves—Sedative, narcotic..10 drops of tincture.
Aconite root—Sedative, narcotic..½..... grain (solid).
Aloes, powdered—Cathartic.....5-15 grains.
Angelica root, tincture—Aromatic ..... Teaspoonful
Berberry leaves—Diuretic .....Teaspoonful
Bittersweet, decoction—Narcotic .....Wineglassful
Blackberry root—Astringent .....Wineglassful.

Bloodroot tincture--Expectorant .....½ Teaspoonful.
Boneset, decoction—Diaphoretic .....Tablespoonful
Catnip, decoction—Diaphoretic .....Tablespoonful.
Chamomile flowers—Tonic and Diaphoretic Infusion
1 to 2 Tablespoonfuls.
Dandelion, fluid extract—Diuretic.....Teaspoonful.
Elder flowers, decoction—Diaphoretic.....
1 to 2 Tablespoonfuls.
Fever root, decoction—Cathartic and Diuretic.....
Tablespoonful.
Foxglove, infusion--Stimulant and Diuretic.....
Teaspoonful.
Geranium, decoction—Astringent .....Tablespoonful.
Indian Hemp, decoction—Diuretic.....Tablespoonful.
Juniper Berries, infusion—Diuretic.....Wineglassful.
Liverwort, decoction—Astringent.....Tablespoonful.
Manna—Laxative .....Teaspoonful.
Marshmallow, infusion—Diuretic .....Tablespoonful.
May apple, decoction—Cathartic.....Tablespoonful.
Mullein leaves, infusion—Anodyne.....Wineglassful.
Mustard seed, ground—Emetic.....Teaspoonful.
Parsley root, infusion—Diuretic.....Tablespoonful
Pennyroyal, infusion—Diaphoretic.....Wineglassful.
Peruvian bark, decoction—Tonic.....Wineglassful
Pink root, infusion—To remove worms...Tablespoonful.
Pleurisy root, infusion—Tonic and diuretic.Wineglassful.
Pond lily root, decoction—Astringent....Tablespoonful.
Quassia, infusion—Tonic.....Tablespoonful.
Raspberry leaves, infusion—Astringent...Tablespoonful.
Rhatany root, decoction—Astringent.....Tablespoonful

Rhubarb, powdered—Cathartic.....15 to 20 grains.
Rue, decoction—Emmenagogue.....Tablespoonful.
Saffron, infusion—Diaphoretic.....Tablespoonful
Sage, infusion—Diaphoretic.....Wineglassful.
Sarsaparilla, decoction—Alterative .....Teacupful
Sassafras, infusion—Diaphoretic.....Wineglassful.
Senega root, decoction—Expectorant and Diuretic..
Tablespoonful.
Senna, decoction—Cathartic .....Tablespoonful.
Skull Cap, infusion—Tonic.....Wineglassful.
Tansy, decoction—Emmenagogue.....Tablespoonful.
Valerian root, decoction—Sedative.....Tablespoonful.
White Oak Bark, decoction—Astringent.....
For external use.
Wild Cherry Bark, infusion—Sedative....Tablespoonful.
Yellow Dock, decoction—Tonic.....Tablespoonful.

MEANING OF TERMS USED IN THE ABOVE.

An astringent is a drug used to cause a contraction of the tissues.

A tonic is a remedy which increases the strength of the individual.

A stimulant is a remedy which increases the strength of the heart's action.

A narcotic is a remedy which diminishes the activity of those parts of the brain concerned in consciousness.

A sedative is a remedy which decreases the strength of the heart's action.

An alterative is the name applied to remedies which induce certain effects in improving the constitutional condition.

A diuretic is a medicine which increases the quantity of perspiration.

An expectorant is used to promote the separation of mucous from the air passages.

An emmenagogue is a remedy which promotes the menstrual flow.

Infusions are made by adding a pint of boiling water to an ounce of the plant.

Decoctions are made by adding one and a half pints of boiling water to an ounce of the plant, boiling down to one pint and then straining.

Extracts are made by adding a small amount of alcohol 50% to the leaves, and let stand for a few days and then pour off.

A FEW THINGS TO DO AND NOT TO DO.

Never take medicine unless you need it. Medicine kills more people than it cures. When you need medicine go to your family physician, and then follow his directions. Never take a patent medicine unless the exact formula is printed on the label. Never use tobacco in any form, or get drunk. Tobacco causes more idiotic, sickly and deformed children than intoxicating liquors. The cigar store is a greater curse to the health of coming generations than the saloon. Never inquire into, or worry about your neighbors' affairs. Love your own husband or wife, but not your neighbor's. Keep your feet warm and dry. Your head cool. Enjoy life in the right way, to the best of your ability. Do all the good you can, but look out for number one. Practice that form of

religion which will bring you the most peace and comfort in this world; the other world will take care of itself. Live right and you will die right.

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The Ladies' Toilet.

INTRODUCTION.

In presenting this work to the ladies, I shall give to them the benefit of my own experience, as well as, that which I have been enabled to glean from reliable sources.

As I have originated the formulas for several cold creams, and other preparations, and used them in my own practice, until I know of their efficiency, I shall note each one, when I give the formula, as my own formula; in which case you can rely upon the article being just as represented, and have no fear in making and using it with the most satisfactory results.

In making any kind of toilet preparation, care should be taken to use only the very best ingredients.

When a formula calls for almond oil, be sure the oil is made from almonds, not from peach pits.

In using olive oil, see that it is made from olives, not cotton seed.

If you desire to have a fine complexion, never use highly advertised cold creams or lotions; either make them from some good formula, and of the very best materials, or else go to a reliable druggist and have him prepare them for you. Many of the high priced, exten-

sively advertised cold creams, skin foods, and muscle foods(for developing) are mainly lard and magnesia; while some are worthless, many are absolutely injurious. I once examined an imported face powder, price 75 cents, and found it to be only perfumed calcined chalk, and calcined chalk is worth 1¼ cents per pound. I examined another high priced and better powder, and found it to be perfumed rice flower.

Don't think that because a toilet preparation has a high sounding name, that the quality goes with the name. They are like some of the imported champagnes, which are often made at Hammondsport, N. Y., or the Holland gins which never crossed the ocean.

CHAPTER I.

GENERAL DIRECTIONS.

In making a cold cream, use the very best of materials. Let the ingredients come to a good boil, and all wax or spermaceti melted; then remove from the fire and stir until cool, adding the perfume, if any is used, while the cream is cooling; but never add the perfume while boiling.

Where water is used in any preparation, always use water which has been boiled; or else to one gallon of water add one teaspoonful of salt and let stand twenty-four hours, then filter or pour off.

When rose water is to be added to a cold cream, do not add the water until the cream is cooling, and stir briskly while so doing.

In making an extract from herbs, use a 20% solution

of alcohol, that is alcohol one part and boiled water four parts; and keep the vessel, in which the extract is being made, tightly corked or sealed.

From ten to fourteen days is the right length of time in making an extract from dry herbs.

CHAPTER II.

THE SKIN.

The skin, or covering of the muscles, is composed of two distinct layers; the outer being composed of a layer of horny scales, similar, in construction, to the shingles of a house, and known as the cuticle.

The cuticle has no veins, capillaries, lymphatics or nerves: it is simply a covering or protection for the more sensitive dermis, or true skin, beneath.

If this outside layer is not shed as fast as new cuticle is supplied from the true skin beneath, it becomes dry, harsh and rough.

This dryness of the cuticle causes a contraction of the same, which tends to close the pores, so that the perspiration, with its impurities, cannot be thrown off; which causes a clogging of the whole system, and by forcing more work upon the other execretory organs, the lungs and kidneys they may become diseased.

The true skin is well supplied with blood vessels, lymphatics and nerves.

The perspiratory glands and ducts throw off a great amount of effete matter; while the oil glands, and ducts, supply a lubricant for the skin, to keep it soft and pliable; as-well-as to act as a shield and protection to sudden

atmospheric changes. Any ingredient used to improve the appearance of the complexion, which in any way interferes with the throwing off of the perspiration, or by clogging the oil ducts, does a temporary, and often lasting injury to the face.

Many of the so-called bleaches, or liquids, many of them perfectly clear like water, for whitening the skin, simply decrease, often destroying, the capillary circulation of the skin, and in consequence doing an injury which may be impossible to remedy.

Why do you see so many women, who have not yet reached middle age, with a skin resembling parchment? It is simply because they have been easy dupes to every form of complexion quackery, with which the cheap magazines advertising columns are full. Remember, that when you buy an extensively advertised article, that with every package which you purchase, you are paying a proportionate share of that advertisement.

Never buy a toilet preparation unless the ingredients contained are printed upon the label Any manufacturer who has a reliable article, has no fear of letting the ingredients, of which the article is made, to be known to the purchaser. The greatest beautifier on earth is plenty of fresh air, and bathing the face with pure hot water at night and cold water in the morning, using no soap of any description. The only real use of soap is to dissolve the fat which may become lodged in the pores of the skin, and hot water will do the work just as well. In case the water is hard, a small amount of boric acid may be added.

The very best soaps for the hands is either castile or

ivory. Never use a highly perfumed soap. The more exquisitely a soap is perfumed, the cheaper and cruder are the materials used.

When the face is bathed through the day, cold water should be used, and the face briskly rubbed with a coarse towel, after being dried with a soft one. Many cause their face to be rough and coarse in appearance by too frequent bathing, of the face, with soap and water. While everything should be done properly, anything can easily be overdone.

CHAPTER III.

Facial Massage.

As facial massage is of great benefit, when properly applied, I shall endeavor to give a few of the very best methods employed by experts, in attaining the various results for which massage is of especial benefit. The leading feature of all massage, is to promote the circulation, whereby the process of tissue building is invigorated.

The movement in facial massage, as well as other massage, should be in a circular manner. When the movement is in a straight line, and very much pressure used, it causes an enlargement of the veins and capillaries underlying the skin; while, at the same time, there is danger of weakening the valves in the veins, or even rupturing the same.

Another thing to be aware of, is not to stretch the skin, in which case there will, in time, be a multitude of fine wrinkles, which it will be found a very difficult task to overcome.

To remove a wrinkle from the face, the thumb and one finger should be placed upon the wrinkle, and about one inch apart. A slight pressure should now be exerted, while with the second finger of the right hand rub across the wrinkle. Always rub across a wrinkle with a circular movement. To remove a wrinkle from the forehead, pat the wrinkle, to be removed, with the second finger of both hands.

Care must be taken not to exert too much force when massaging beneath the eyes, otherwise, it will cause dark circles under them. To develop the muscles of the face manipulate the face with the hands by a series of light pinching, or kneading, the part to be developed. To remove a double chin, rub from the point of the chin, down, around and back toward the sides of the neck. Never pinch or pat the throat in removing a double chin; for if you do the chin will be developed instead of being reduced.

The best cold cream for massaging the face and cleaning the pores of the skin is one of my own, the French Skin Food. Take

Gum tragacanth	1 ounce
Glycerine	2 ounces
Oil sweet almond	2 ounces
Tincture of benzoin	⅜ ounce
Oil bergamot	½ ounce
Rose water	2 ounces

To make—Boil the tragacanth until soft, then press through a cloth; then add the other ingredients, glycerine, oil of almond, and tincture of benzoin, and let come to a

boil, stirring constantly; then remove from the stove and add the oil of bergamot and rose water, and continue to stir until cool.

The best massage rub, with which to bathe the face after massaging is another of my own formulas. Take

Alcohol ..... 1 pint
Water ..... 1 quart
Powdered orris root ..... ¼ pound

Let stand ten days, then pour off or filter, then add glycerine, 4 ounces.

To develop any part of the body, massage the portion to be developed with the following, my own formula.

FRENCH FLESH AND MUSCLE FOOD.

Take

Oil of cocoanut ..... 2 pounds
Oil of Almond ..... 1 pound
Oil of Olives ..... 1 pound
White wax ..... ¾ pound
Rose water ..... 12 ounces
Oil of sweet orange ..... 1 ounce

To make—Boil the oils and wax together; then add the rose water and oil of orange, stirring constantly while cooling.

The above for developing and strengthening any part of the body, cannot be excelled.

I have used it in my own practice with the very best of results. I never failed to develop any part by massaging and using the muscle food.

In developing, it is necessary to massage the parts thoroughly while applying the food; otherwise there will sim-

ply be deposited a layer of fat beneath the skin, and so soon as the use of the muscle food, no matter of what name or how widely advertised to do wonders, is discontinued, the system will absorb the fatty substance from the part developed, and they will return to their former size. But by massaging the parts, you promote the circulation and develop the muscles, which will make the enlargement permanent.

In developing the bust, care must be taken not to use too much force; otherwise injury may be done, by causing an inflammation of the glands, which may develop into a tumor or cancer. Never pinch or knead the bust, but let the movement be with both hands, around the bust and toward the nipple.

To reduce the bust and make them more firm, massage with the whole of both hands, in a circular movement from the nipple toward the outside of the bust, and instead of using a muscle food, use the following:

Alcohol ..... 1 part
Water ..... 1 part

Any desired perfume may be added.

Never use pure alcohol to be applied to any part of the body, because it will shrivel up the skin and even destroy the nerves and capillaries with which the skin is supplied. Pure alcohol, like many liniments used to allay pain, simply paralyze, for the time being, the affected nerves. But alcohol used 50% lessens the blood supply to the parts, by causing a contraction of the blood vessels.

One of the finest preparations for the skin, hands or face, is made of the following: Take

Rose water ..... 2 parts
Glycerine ..... 1 part

Pure glycerine should never be used upon the skin, because it absorbs too much moisture, leaving the skin dry and burning, and causing it to be roughened.

As glycerine is a great resolvent, it has great merit as a skin bleach when used as a 50% solution, that is one-half water, unless the druggist has added water, which is quite often the case. The very finest cold cream is made as follows:

GLYCERINE COLD CREAM, NO. 1.

Oil of Almonds ..... 4 ounces
Glycerine ..... 7 drachms
White wax ..... 2½ drachms
Spermaceti ..... 2½ drachms
Oil of bergamot ..... ¾ drachm
Oil of lemon ..... ¾ drachm
Oil of rose geraneum ..... ¾ drachm
Oil of Neroli ..... 20 grains
Oil of cinnamon ..... 20 grains
Rose water ..... 2 ounces

GLYCERINE COLD CREAM, NO. 2.

Oil of Almond ..... 4 ounces
Glycerine ..... 1 ounce
White wax ..... 2½ drachms
Spermaceti ..... 2½ drachms
Oil of rose ..... 20 grains

LIP SALVE.

Oil of almonds ..... 4 ounces
White wax ..... 4½ drachms

Spermaceti ..... 4½ drachms
Oil of bitter almonds ..... ½ drachm
Oil of lemongrass ..... 8 grains
Oil of rose ..... 8 grains

ALMOND COLD CREAM.

Oil of almonds ..... 4 ounces
White wax ..... 2½ drachms
Spermaceti ..... 2½ drachms
Rose water ..... ½ pint
Oil of bitter almond ..... ¾ drachm
Extract of civet ..... 4 drops

A CHEAP COLD CREAM.

Lard ..... ¾ pound
Spermaceti ..... ¼ pound
Oil of rosemary ..... 1 drachm

CAMPHOR ICE, NO. 1.

White wax ..... 2¼ drachms
Spermaceti ..... 2¼ drachms
Oil of almond ..... 4 ounces
Gum camphor ..... 4½ drachms
Oil of rosemary .....12 grains
Oil of peppermint ..... 6 grains
Rose water ..... 4 ounces

A CHEAP *CAMPHOR ICE.*

Lard ..... 4 ounces
Spermaceti ..... 1 ounce
Gum camphor ..... 1 ounce
Oil of lavender flowers ..... ½ drachm
Oil of rosemary ..... ½ drachm

To purify lard for use in any of the above prepara-

tions, place the lard in a kettle; then fill the kettle with water and let boil one hour; then remove from the fire, and after cooling, the lard can be removed and is ready for use.

The nails being an appendage of the skin, I will give a formula for making a polish.

FINGER NAIL POLISH.

Oxide of tin	¼ pound
Carmine	20 grains
Oil of bergamot	10 grains
Oil of lavender	10 grains

The oxide of tin must be an impalpable powder, and is mixed with the other ingredients in a mortar.

CHAPTER IV.

FACE POWDERS AND COSMETICS.

As many preparations are in the form of powders and cosmetics, I shall give a few of the very best known for improving the complexion.

After several years of experimenting, I feel confident that I have evolved the best known formula for improving the complexion, and as being perfectly harmless, and even of benefit in causing the skin to become smooth and free from ordinary pimples and rashes, especially sunburn.

The main ingredients are used in a famous French formula, which sells for $1.00. The formula which I will give you, is a vast improvement over the one just mentioned.

BEAUTIFIER NO. 1.

Flake white ..... 280 grains
Sulphate of zinc ..... 1 grain
Rose water ..... 3 ounces

First dissolve the sulphate in a small quantity of rose water placed in the bottle; then fill the bottle one half full of rose water; now add the flake white and shake well; then fill the bottle with rose water. To make the above flesh colored, dissolve ⅛ grain of carmine in the rose water.

To use the above, shake the bottle well; then pour a small quantity of the beautifier in the hand, and with the other hand apply it, rubbing well into the skin.

When so applied, you will obtain all the beautifying effect without its use being detected. Some ladies apply it with a sponge, in which case its use can be detected.

BEAUTIFIER NO. 2.

Subnitrate of bismuth ..... 1 ounce
Rose water ..... 4 ounces

Shake well before using.

BLOOM OF YOUTH.

1 box flesh face powder .....
Rose water ..... 2 ounces
Glycerine ..... 1 ounce
Water ..... 12 ounces

Shake well before using.

PINK TINT.

For tinting the cheeks and lips.

Ammonia water ..... ½ ounce
Carmine ..... 2½ drachms

Essence of rose ..... 2½ drachms
Rose water ..... 1 pint

To make place the carmine in a bottle, and pour on the ammonia; let stand four days, shaking occasionally. Then add the other ingredients and let stand one week, shaking often. At the end of this time, let it stand for a couple of days, and pour off the clear liquid and it is ready for use.

The very best face powder is the following:

TOILET POWDER NO. 1.

Fine levigated zinc white ..... 1¾ ounces
Venetian talcum ..... 1¾ ounces
Carbonate of magnesia (pow.) ..... 1¾ ounces
Oil of rose ..... 20 drops
Oil of orris ..... 20 drops

PINK TOILET POWDER.

Toilet Powder No. 1 ..... 5½ ounces
Carmine ..... 8 grains

TOILET POWDER NO. 2.

Starch ..... 1 pound
Powdered orris root ..... ½ pound
Oil of bergamot ..... 18 grains
Oil of lemon ..... 18 grains
Oil of cloves ..... 8 grains
Oil of neroli ..... 8 grains

TOILET POWDER NO. 3.

Starch ..... 1 pound
Subnitrate of bismuth ..... 2 ounces
Oil of lemon ..... 18 grains
Oil of rose ..... 8 grains

TOILET POWDER NO. 4.

Venetian chalk ..... 1 pound
Subnitrate of bismuth ..... 2 ounces
Zinc white ..... 2 ounces
Oil of lemon ..... 36 grains

ANTI ODORIN..

For Preventing Offensive Odors in Shoes, Etc.

Starch ..... 1 pound
Salicylic acid ..... 150 grains

SKIN GLOSS.

Carbonate of patassium ..... 1¾ ounces
Powdered spermaceti ..... 1¾ ounces
Starch ..... 1 pound
Benzoin ..... ¾ ounce
Oil of bitter almonds ..... 150 grains

Mix intimately and preserve in well-closed boxes. For use stir a small quantity in water.

CHAPTER V.

DISEASES AND DISFIGUREMENTS OF THE SKIN. LOTIONS.

As the beauty of the skin is often marred by unsightly pimples, freckles, etc., I will give a description of the best method for overcoming these conditions.

FRECKLES.

These unsightly little discolorations of the skin are caused from a pigmentation, or rather rusting of the tiny scales of the epidermis. It is caused from an excess of iron in the system and a defective capillary circulation of the skin.

The best form of treatment is to steam the face with

hot towels, wrung out of hot salt water; then massage the face, using a good cold cream.

There are many advertised remedies for removing freckles and liver spots; but so far no remedy has been found which will successfully do the work.

I will give two of the most sterling remedies, which are to be used as a wash or lotion; but too much must not be expected of them. But I will say that nothing on the market to-day will come nearer doing the work.

FRECKLE MILK.

Camphor	2½ drachms
Ammonium chloride	1⅛ drachms
Corrosive sublimate	28 grains
Albumen (white of one egg)	5½ drachms
Rose water	6 ounces

Use the above with caution. It is poison.

FRECKLE LOTION.

Angelica root	3½ drachms
Black hellebore root	3½ drachms
Storax	1½ drachms
Oil of bergamot	40 grains
Oil of citron	40 grains
Alcohol	1 pint

Macerate for one week and filter.

LOTION FOR CHAPPED HANDS.

Glycerine	1 pint
Water	½ pint
Rose water	1 pint

PIMPLES.

The causes of pimples are so many that it is impossible

to give a lotion which will cure every case.

If it is acne, or ordinary pimples, caused from microbes in the skin, the following lotion, my own formula, will give quick relief and a permanent cure.

If the pimples are caused from indigestion, or some form of irregularity or habit, there can only be a cure, when the cause is removed.

Pimples are quite frequently caused by using a highly perfumed, but impure soap.

PIMPLE LOTION.

Zinc oxide ..... 1½ drachms
Corrosive sublimate ..... ½ grain
Citric acid ..... 15 grains
Ext. witch hazel ..... 6 ounces

Apply daily.

ECZEMA.

In eczema, or any other form of rash upon the skin, take

Sulphate of zinc ..... 1 scruple
Rose water ..... 3 ounces

Apply morning and night. If above does not give good results, use the following ointment:

Resorcin ..... 50 grains
Corrosive sublimate ..... ½ grain
Icthyol .....1 drachm
Lanoline ..... 1 ounce
Petrolatum ..... 1 ounce

To make—Add a very little water, about one drachm, to the corrosive, resorcin, and icthyol, grind the ingredients until dissolved, then add the lanoline and petrola-

tum, rubbing all together until well blended, and no trace of water to be seen. Apply the ointment at night only washing off in the morning.

Quicker results may be obtained by placing a cloth over the part to be treated, after applying the ointment.

Care must be taken not to allow the ointment to enter the eyes or ears.

The same applies to all the lotions.

Another disfiguring facial growth to contend with is warts and moles upon the face. They may be removed by a caustic pencil, or by making a paste of nitric acid and starch. When the caustic pencil is used, a plaster should be placed upon the spot operated upon.

The best plan is to take a piece of adhesive plaster somewhat larger than the wart or mole, drop a little alcohol upon the center of the plaster to destroy its adhering properties; then place the plaster in position, so that the center covers the treated portion.

The same kind of plaster may be used, when the nitric acid and starch are used.

Care must be taken not to remove the scab, until it comes off of its own accord; otherwise it will leave a scar.

SUPERFULOUS HAIR.

Another very annoying condition, with which to contend, is often times a very thriving growth of hair upon the face and arms. While magazines are full of so-called hair destroyers, claiming to permanently remove all superfulous hair with one application, and without harm to the skin, there has never yet been found a remedy which will do it.

Even the electric needle does not always prove reliable, and when it does destroy the root, it leaves a tiny scar for every hair so destroyed.

One of the best methods for the removal of hair is to rub the part, where the hair is to be removed, with a damp cloth dipped in powdered pumice stone. Care must be taken not to use too much force, otherwise, the skin will be removed with the hair.

The treatment, to be successful, must be repeated daily for at last one month, or longer, depending upon the vitality and coarseness of the hair folicles. (Root.)

I will now give a formula for the standard depilatories. They are all of them some form of sulphide, that is a combination of lime and sulphur.

All of the following formulas, on account of the irritating properties of the lime in their composition, must be used with care; otherwise, the skin may be removed, as well as the hair.

As all such preparations simply remove the hair projecting beyond the surface of the skin, repeated application will be required as the hair grows.

The simplest method is to take Barium Sulphide and mix it with starch, adding sufficient water to form a paste. Place the paste upon the surface where the hair is to be removed, and, after two to five minutes, scrape off with a dull knife, and the hair will come off with the paste. The amount of sulphide, to be used, must be determined by experiment. After the hair is removed, the part should be anointed with olive oil in the preceding as well as the following formulas.

The following may be made into a paste and placed in air tight jars until wanted for use. It should be painted upon the surface and left for about thirty to forty minutes, and then removed by washing with water. Take

Calcium sulphide	4 ounces
Sugar	2 ounces
Water	2 ounces
Starch	2 ounces
Oil of lemon	30 grains
Oil of peppermint	10 grains

Another formula is: Take

Powdered caustic	2 pounds
Starch	2 pounds
Sodium sulphide	21 ounces

When wanted for use, add water to form a paste and apply, removing so soon as the hair will come off.

CHAPTER VI.

CARE OF THE TEETH.

Nothing is of greater importance, in preserving the health, than an intelligent care of the teeth.

When the teeth are improperly cared for, and become decayed and foul, the stomach is soon deranged and the health impaired.

The teeth are formed of a porous bony substance covered with the hardest known substance which is found in connection with the body; the enamel which, owing to its very hard nature, is, at the same time, easily effected, and even cracked, by sudden changes in temperature, while rendered soft by various acids.

The teeth are found in a normal state with animals and savages; while among civilized races, sound, perfect teeth are almost unknown. Where the teeth are set in the jaws they are surrounded by a bony substance, known as the process.

As the process often adheres to a tooth when extracted, the dentist is often accused, by the ignorant, of having broken their jaw.

When the gums become in an inflamed and unhealthy condition, this process becomes diseased, which causes the teeth to become loosened and easily removed, often by very slight pressure.

When the enamel becomes cracked, the underlying bony substance soon begins to decay; and, unless attended to at once, may lead to its removal. The teeth should be examined at least once each year by a competent dentist, to discover and repair any defective enamel. The so-called tartar, which is a species of fungus growth, should never be allowed to remain upon the teeth, as it has a tendency to destroy the enamel, therefore, the tooth. The teeth should be cleaned and all minute portions of food removed after each meal. A little peppermint added to the water will be beneficial to both gums and teeth.

When tooth powders are used, care should be taken that they contain no grit.

Many tooth powders are compounded mainly of pumice stone, which cuts the enamel, and in time, destroys the tooth. One of the best tooth washes is castile soap and water; a soft brush being used. I will give a few mouth washes, soaps, and powders for cleaning the teeth.

The one you will use, must be determined by yourself.

You will find it far better to make your own preparations for the teeth, than to buy them.

TOOTH SOAP.

Castile soap	½ pound
Talcum	½ pound
Orris root (pow.)	½ pound
Sugar	¼ pound
Water	¼ pint
Oil of cloves	40 grains
Oil of peppermint	¼ ounce

Dissolve the soap and sugar in the water by boiling, then add the other ingredients, stirring well.

QUININE TOOTH POWDER.

Prepared chalk	½ pound
Starch	¼ pound
Orris root	¼ pound
Sulphate of quinine	¼ ounce
Oil of peppermint	40 grains

BORATED TOOTH POWDER.

Borax	¼ pound
Prepared chalk	½ pound
Myrrh, powdered	2 ounces
Orris root	2 ounces
Cinnamon	2 ounces

CHARCOAL TOOTH POWDER.

Charcoal	1 pound
Cinchona bark	¼ pound
Oil of bergamot	1 drachm
Oil of lemon	2 drachms

CAMPHORATED TOOTH TINCTURE.

Camphor ..... ¼ pint
Cologne water ..... 4 quarts

MYRRH TOOTH TINCTURE.

Tincture of myrrh ..... ¼ pint
Cologne water ..... 1 quart

CHLORAL TOOTH WASH.

Chloral hydrate ..... 1 ounce
Water ..... 10 ounces

A small quantity of this rinsed about the mouth, removes every trace of bad odor.

POTASSIUM PERMANGANATE TOOTH WASH.

Potassium Permanganate ..... ½ ounce
Distilled water ..... 1½ pints

A few drops of this solution is dropped in a glass of water and the mouth rinsed with it. Care must be taken, as it stains everything it touches. After using any of the above washes, the teeth should be polished with peppermint water.

SALICYLATE TOOTH WASH.

Salicylic Acid ..... ⅞ ounces
Orange flower water ..... 15 grains
Water ..... 1 quart
Alcohol ..... ½ quart
Oil of peppermint ..... 15 grains

CHAPTER VII.

THE HAIR AND SCALP.

The hair is an outgrowth of the epidermis, and develops in little pits, known as the hair folicles. These foli-

cles lie in the corium, or true skin.

Epidermis forms the inner layer of the folicle, and is known as the root- sheath.

The hair may be divided into the body, or shaft, and the root.

The shaft has externally a cuticle of overlapping scales; beneath this is a pigmented fibrous layer, which the center, in some cases, is occupied by a dark colored medulla composed of angular cells, between which air bubbles may occur.

The root is similar in structure, but is enlarged, and consists chiefly of new cells.

It is the papilla which supplies the material for the growth of the hair.

The color of the hair is due to the nature and amount of the pigment present in the fibrous layer of the hair.

When minute air bubbles appear in this layer, the hair is white.

Each hair is supplied with oil glands which are situated in the dermis; they are found only where hair exists.

Each gland is composed of a duct and from five to twenty little sacs, the function of which, is to supply the hair with a secretion which annoints the hair.

The market is flooded with so-called hair restorers and tonics.

All any preparation can accomplish is to destroy any germs which may infest the scalp and hair folicles; thereby destroying or weakening the root.

I will now give some of the best known formulas for hair tonics, etc.

SCALP INVIGORATOR.
(My own formula.)

Onions ..... 1 pound
Sage ..... 2 ounces
Orris root ..... 4 ounces
Alcohol ..... 1 pint
Water ..... 4 pints

Let stand ten days; then filter and add

Oil of lemongrass ..... 2 drachms
Or Oil of Bergamot ..... 2 drachms

Apply once daily, massaging the scalp well each time.

The above will cure dandruff, falling hair, or baldness where the roots are weakened, but not destroyed.

Its constant use will also restore grey or faded hair to its original color.

If it is desired to make the tonic more oily glycerine, 4 ounces, may be added.

HAIR TONIC NO. 1.

Castor oil ..... 1 ounce
Oil of bergamot ..... 3 drachms
Oil of cinnamon ..... 15 drops
Oil of cloves ..... 15 drops
Oil of lavender flowers ..... 1½ drachms
Tincture of cantharides ..... 2 drachms
Alcohol ..... 1 quart

HAIR TONIC NO. 2.

Tincture of cantharides ..... 1¾ ounces
Tincture of nutgalls ..... 1¾ ounces
Carmine ..... 75 grains
Rose water ..... 1 quart

Tincture of nutgalls is made by macerating one ounce of nutgalls in ½ pint of alcohol.

QUININE HAIR TONIC.

Tincture of cinchona	1¾ ounces
Tincture of nutgalls	1¾ ounces
Carmine	150 grains
Oil of neroli	75 grains
Oil of nutmeg	75 grains
Alcohol	3½ ounces
Rose water	2 quarts

BEARD PRODUCER.

Lard	1 pound
Oil of almond	1 pound
Spermaceti	¾ ounce
Tincture of cantharides	¾ ounce
Carmine	150 grains
Oil of bergamot	75 grains
Oil of lavender	75 grains
Oil of santal	75 grains

BAY RUM.

Oil of bay	240 grains
Oil of orange (Bigarde)	16 grains
Oil of Pimenta	16 grains
Alcohol	1 quart
Water	25 ounces

HAIR WASH.

Carbonate of potassium	2½ ounces
Sassafras wood filings	8 ounces
Rose water	8 quarts
Alcohol	1 quart

To make—Macerate for one month, then pour off.

After this wash is used, the gloss should be restored by the use of a good hair oil or glycerine and rose water, equal parts.

SHAMPOO POMATUM.

Shaving soap ..... 1 ten-cent cake
Salt peter ..... 1 teaspoonful
Ammonia water ..... 1 ounce
Water ..... 1 quart

To make—Dissolve the soap and saltpeter in the water by boiling, and then add the ammonia and bottle.

For use, take a small quantity in hot water.

The above is the best shampoo known.

HAIR DYES.

All dyes, which contain nitrate of silver, lead, or lac-sulphur are injurious. But as their use is demanded, I will give a few of the best. The first is my own formula, and while it colors the hair, will not discolor the skin. All the other formulas, which I will give, discolor the skin; so care should be exercised in their use.

HAIR DYE NO. 1.

(My own formula.)

Lac sulphur ..... 60 grains
Sugar of lead ..... 60 grains
Bay rum ..... 4 ounces
Glycerine ..... 2 ounces
Salt ..... 1 teaspoonful
Water ..... 1 pint

HAIR DYE NO. 2.

Potassium permanganate ..... 5½ ounces

Distilled water ..... 2 quarts

The above will color any shade, from light to very dark brown. The more diluted, the lighter the shade.

LEAD HAIR DYE.

Oxide of lead ..... ½ pound
Quick lime ..... 2 ounces
Calcined magnesia ..... 2 ounces

The ingredients are rubbed together to a very fine powder, and mixed with water, for use, and applied to the hair and left there, until, the required shade is obtained, when the powder is removed by washing. From four to twelve hours is required.

VEGETABLE HAIR DYE.

Silver nitrate ..... 2 ounces
Water ..... 1 quart

This dye produces a jet black color, but is destructive to the hair.

DOUBLE HAIR DYE.

This consists of two preparations. The one marked No. 1 is to be applied first. Then No. 2. They should be applied with a soft brush, over a comb to protect the skin.

BROWN DYE.

No. 1.

Sulphide of potassium ..... 7 ounces
Alcohol ..... 1 quart

No. 2.

Silver nitrate ..... 4¼ ounces
Water ..... 1 quart

BLACK DYE.

No. 1.

Sulphide of potassium ..... 5½ ounces
Alcohol ..... 1 quart
K. G.

No. 2.

Silver nitrate ..... 5½ ounces
Distilled water ..... 1 quart

HAIR BLEACH.

To bleach the hair, wash it thoroughly in hot water, to which ammonia has been added to remove the grease; then wet it evenly with peroxide of hydrogen; repeating until the required shade is produced.

DEPILATORIES.

To remove superfulous hair, take barium sulphide one part and starch one part; moisten with water to make a thin paste and apply to the part, removing with a knife so soon as the hair is loosened.

The depilatories do not remove the hair permanently, but must be repeated as occasion may require.

POMADES.

STICK POMATUM.

Lard ..... ¼ pound
Tallow ..... ¾ pound
Wax ..... 12 ounces
Oil bergamot ..... ½ ounce
Oil lemon ..... ½ ounce
Oil clover ..... 1 drachm

BEARD WAX.

Turpentine ..... 1 ounce

Oil of Almond .....1 ounce
Wax .....3 ounces
Violet pomade .....1 ounce
Peru balsam .....½ ounce
Oil of Clove .....¼ drachm
Oil of santal .....½ scruple

BANDOLIN.

Gum tragacanth .....7 drachms
Rose water .....1 pint
Oil of bitter almonds .....½ drachm

To make: Crush the tragacanth, place it in the rose water, and let it stand in a warm place, stirring occasionally until the tragacanth has swollen to a slimy mass; press through a cloth, add a very little carmine and other ingredients.

BRILLIANTINES.

For use in making the hair soft and glossy.

Glycerine .....1 pint
Extract of rose .....¼ pint

HAIR OILS.

BENZOATED HAIR OIL.

Sublimed benzoic acid .....1¼ ounces
Oil of Almond .....1 pint

The acid must be dissolved in the hot oil.

SWISS HAIR OIL.

Oil of Almond .....1 pint
Oil of bergamot .....40 grains
Oil of lemon .....20 grains
Oil of lavender .....20 grains
Oil of peppermint .....40 grains

Oil of cinnamon .....15 grains

PORTUGAL HAIR OIL.

Oil of almond .....1 pint
Oil of bergamot .....2 drachms
Oil of lemon .....40 grains
Oil of neroli .....20 grains
Oil of orange flower .....20 grains
Oil of orange peel .....1½ drachms
Oil of cinnamon .....20 grains

VANILLA HAIR OIL.

Extract of vanilla .....2 ounces
Almond oil .....1 pint

DANDRUFF.

Dandruff is caused by the scales of the skin not properly shedding from the scalp, and its retention after it has become loosened. Any eczema or other form of scalp irritation, will aggravate the formation of dandruff.

Brushing the hair and scalp thoroughly each day for at least ten minutes, will not only prevent the formation of dandruff, but also promote the growth, softness and lustre of the hair.

The best cure for dandruff is the following:

(My own formula.)

Gum tragacanth .....1 ounce
Glycerine .....2 ounces
Oil of almond .....2 ounces
Tincture of benzoin .....2 drachms
Rose water .....½ pint

To make: Boil the tragacanth until well cooked, then squeeze through a cloth, and add the glycerine, oil of

almond and tincture of benzoin; let come to a boil, then remove from the fire, and while cooling, add the rose water, stirring constantly. If too thick, more rose water may be added.

A few applications of the above will cure any case of dandruff.

Scalp Massage.

No form of massage is more beneficial to the general health than that of the scalp. At least three-fourths of the headaches, come from a contraction and rigidity of the scalp; while at least one-half of the causes of failing sight can be attributed to the same cause.

I have known severe cases of nervous prostration to be contraction of the skin of the head and neck.

To massage the scalp, place the fingers of the left hand firmly upon the head, while with the fingers of the right hand held firmly upon the scalp, make a circular movement, which will relax and loosen the scalp. This should be done thoroughly over the whole scalp, until it is loose and pliable.

Grasping the head with both hands and moving the whole scalp at once, is a good movement after the scalp has become loosened.

Rubbing the scalp with the tips of the fingers, dry shampoo, stimulates the capillary circulation and promotes the growth of the hair.

CHAPTER VIII.

Perfumes and Their Preparation.

I will now give a few of the most simple and pleasant

handkerchief perfumes. A perfume is like wine, the more it is aged, the more agreeable the odor.

In any formula, when I mention alcohol, I mean cologne spirits.

ROSE.

Oil of rose ..... 3 drachms
Alcohol ..... 1 pint

LILAC.

Oil of bitter almond ..... 4 grains
Extract of orange flowers ..... 1 pint
Extract of tube rose ..... 1½ pints
Tincture of civet ..... ½ ounce

CEDAR ROSE.

Oil of cedar wood ..... 1 ounce
Extract of rose ..... 1½ ounces
Alcohol ..... 1 pint

FLORIDA.

Oil of bergamot ..... 6 grains
Oil of lemon ..... 9 grains
Oil of lavender ..... 2 grains
Oil of cloves ..... 1 grain
Alcohol ..... 1 pint

HONEY SUCKLE.

Extract of rose ..... ¼ pint
Extract of tuberose ..... ¼ pint
Extract of violet ..... ¼ pint
Tincture of tolu ..... 1 ounce
Tincture of vanilla ..... 1 ounce
Oil of bitter almonds ..... 2 grains
Oil of neroli ..... 1 grain

Heliotrope A.

Extract of rose .....4 ounces
Extract of orange flower .....1 ounce
Tincture of ambergris .....½ ounce
Tincture of vanilla .....8 ounces
Oil of bitter almond .....5 grains

Irish Boquet.

Extract of rose .....1 pint
Tincture of vanilla .....2 ounces
(A very fine perfume).

Jockey Club.

Extract of cassie .....4 ounces
Extract of Jasmine .....5 ounces
Extract of rose .....6 ounces
Extract of tuberose .....6 ounces
Tincture of civet .....1 ounce

Cologne Water.

Oil of bergamot .....15 scruples
Oil of lemon .....1½ drachms
Oil of neroli petale .....1 drachm
Oil of neroli bigarde .....10 scruples
Oil of rosemary .....15 scruples
Alcohol .....1 quart

Lavender A.

Oil of bergamot .....1 drachm
Oil of lemon .....½ drachm
Oil of geranium .....8 grains
Oil of lavender .....5½ drachms
Musk .....1 grain
Peru balsam .....2 drachms

Storax .....4¼ drachms
Civet .....2 grains
Alcohol .....1 quart

The essential oils are dissolved in the alcohol, the other substances are macerated in the solution for one month, and the liquid decanted.

LAVENDER B.

Tincture of musk .....3 drachms
Tincture of vanilla .....3 drachms
Tincture of civet .....3 drachms
Oil of bergamot .....1¼ drachms
Oil of lemon .....¾ drachm
Oil of lavender .....3½ drachms
Rose water .....4 ounces
Alcohol .....1 quart

LISBON PERFUME.

Oil of lemon .....2¼ drachms
Oil of orange peel .....4¼ drachms
Oil of rose .....¼ drachm
Alcohol .....1 pint

MAGNOLIA.

Extract of orange flower .....4 ounces
Extract of rose .....8 ounces
Extract of tuberose .....2 ounces
Extract of violet .....2 ounces
Oil of bitter almond .....3 grains
Oil of lemon .....1 grain

LILY OF THE VALLEY.

Oil of bitter almonds .....75 grains
Extract of jasmine .....3½ ounces

Extract of neroli .....3½ ounces
Extract of cassie .....7 ounces
Extract of tuberose .....14 ounces
Alcohol .....14 ounces

MUSK.

Tincture of ambergris .....8 ounces
Tincture of musk .....16 ounces
Extract of rose .....4 ounces

PINK.

Extract of cassie .....4 ounces
Extract of orange flower .....4 ounces
Extract of rose .....8 ounces
Tincture of vanilla .....2 ounces
Oil of clove .....8 grains

SWEET PEA.

Extract of tuberose .....4 ounces
Extract of orange flower .....4 ounces
Extract of rose .....4 ounces
Tincture of vanilla .....6 drachms

EAU DU PORTUGAL.

Oil of bergamot .....1 drachm
Oil of lemon .....2¼ drachms
Oil of orange peel .....1 ounce
Oil of rose .....¼ drachm
Alcohol .....20 ounces

PATCHOULY.

Oil of patchouly .....1½ drachms
Oil of rose .....20 grains
Alcohol .....1 pint

MOSS ROSE.

Extract of rose .....8 ounces
Extract of orange flower .....4 ounces
Essence of rose .....4 ounces
Tincture of ambergris .....4 ounces
Tincture of musk .....1 ounce

TEA ROSE.

Extract of rose .....4 ounces
Extract of geranium .....4 ounces
Extract of orange peel .....½ ounce
Essence of rose .....4 ounces
Extract of santal .....½ ounce
Tincture of orris .....½ ounce

WHITE ROSE.

Extract of rose .....4 ounces
Extract of jasmine .....2 ounces
Extract of violet .....4 ounces
Essence of patchouly .....1 ounce
Essence of rose .....4 ounces

TWIN ROSE.

Extract of rose .....8 ounces
Oil of rose .....1½ drachms

VIOLET (The very best).

Violet pomade .....10 ounces
Extract of cassie .....5 drachms
Alcohol .....1 pint

No. 2.

Extract of cassie .....8 ounces
Extract of rose .....4 ounces
Extract of tuberose .....4 ounces

Tincture of orris .....4 ounces
Oil of bitter almond .....2 grains

Verbena A.

Oil of lemongrass .....8 scruples
Oil of lemon .....1½ ounces
Oil of orange peel .....3 drachms
Alcohol .....1 pint

Verbena B. (Better than the above).

Oil of lemon .....1 ounce
Oil of lemongrass .....¾ ounce
Oil of orange peel .....½ ounce
Extract of orange flower .....3 ounces
Extract of rose .....5 ounces
Extract of tuberose .....3 ounces
Alcohol .....1 pint

Forest Breeze.

Oil of turpentine .....1¼ ounces
Oil of lavender .....1¼ drachms
Oil of lemongrass .....¾ drachm
Alcohol .....1 pint

Wintergreen.

Extract of cassie .....4 ounces
Tincture of ambergris .....2 ounces
Extract of lavender .....2 ounces
Extract of orange flower .....4 ounces
Extract of rose .....8 ounces
Tincture of vanilla .....2 ounces
Essence of vetiver .....2 ounces

If you wish a cheap but pleasant perfume, make some of the following:

No. 1.

Oil of rose geranium ..... ½ ounce
Alcohol ..... 1 pint

No. 2.

Oil of bergamot ..... ¼ ounce
Oil of lavender ..... ¼ ounce
Oil of lemongrass ..... ⅛ ounce
Alcohol ..... 20 ounces

No. 3.

Oil of bergamot ..... 1 drachm
Oil of lemon ..... 1½ drachms
Oil of neroli ..... 1½ drachms
Oil of lemongrass ..... 1 drachm
Oil of orange peel ..... 1 drachm
Oil of santal ..... ½ drachm
Oil of rosemary ..... ½ drachm
Alcohol ..... 1 quart

No. 4. (A good one).

Oil of rose geranium ..... ¾ ounce
Oil of rose ..... ½ drachm
Oil of santal ..... ¼ drachm
Alcohol ..... 1 pint

No. 5.

Extract of orris ..... ½ pint
Oil of rose ..... ½ drachm
Oil of santal ..... 2 drachms
Alcohol ..... ½. pint

ROSE WATER.

Oil of rose ..... 15 drops
Carbonate of magnesia ..... 2 drachms

White sugar .....½ ounce
Alcohol .....2 ounces
Water .....1 quart

Let stand a few days and pour off, and it is ready for use. The water used should be filtered or boiled.

CHAPTER IX.

Dry Perfumes.

Dry perfumes are of great antiquity. The tombs of many of the ancient Egyptians contain urns from which fragrant odors escape at the present day. In preparing dry perfumes, the material should be ground to a fine powder, and placed in urns or satchets.

Ceylon Powder.

Mace .....3½ ounces
Patchouly .....3 ounces
Vetiver root .....3½ ounces
Oil of orange peel .....1½ drachms
Oil of peppermint .....3 drachms

Cyprian Powder.

Ceder wood .....4 ounces
Rhodium .....4 ounces
Santal wood .....4 ounces
Oil of rhodium .....½ drachm

Field Flower.

Calamus root .....4 ounces
Caraway .....2 ounces
Lavender .....4 ounces
Marjoram .....2 ounces
Musk .....8 grains

Cloves .....6 drachms
Peppermint .....2 ounces
Rose leaves .....4 ounces
Rosemary .....7 drachms
Thyme .....2 ounces

HELIOTROPE.

Musk .....1 drachm
Rose leaves .....½ pound
Tonka beans .....¼ pound
Vanilla .....2 ounces
Orris root .....1 pound
Oil of bitter almonds .....8 grains

INDIAN SATCHET.

Santal wood .....3½ ounces
Orris root .....21 ounces
Cinnamon .....10½ ounces
Oil of lavender .....75 grains
Cloves .....30 grains
Oil of rose .....150 grains

LAVENDER SATCHET.

Benzoin .....4 ounces
Lavender flowers .....1 pound
Oil of lavender .....¼ ounce
Oil of rose .....20 grains

ROSE SATCHET, A.

Geranium herb .....7 drachms
Rose leaves .....½ pound
Santal wood .....¼ pound
Oil of rose .....2 drachms

Rose Satchet, B.

Rose leaves ..... ½ pound
Santal wood ..... ¼ pound
Oil of rose ..... 2 drachms

Santal Satchet.

Santal wood ..... 1 pound
Oil of geranium ..... ½ ounce

Violet Satchet, A.

Benzoin ..... 2 ounces
Musk ..... 8 grains
Orange flowers ..... 3½ drachms
Rose leaves ..... ¼ pound
Orris root ..... ½ pound
Oil of bitter almonds ..... 20 grains
Oil of lemongrass ..... 8 grains

Vetiver Satchet.

Vetiver root ..... 1 pound
Musk ..... 8 grains
Civet ..... 15 grains

Violet Satchet, B.

Orris root ..... 1 pound
Musk ..... 8 grains
Vanillin ..... 30 grains
Oil of rose ..... 25 drops
Oil of petit grain ..... 150 grains
Cologne water ..... 3½ ounces

Verbena Satchet.

Lemon peels ..... 4 ounces
Caraway ..... 2 ounces
Orange peels ..... 8 ounces

Oil of bergamot .....7 drachms
Oil of lemon .....7 drachms

CHAPTER X.

FUMIGATING PASTELS AND POWDERS.

According to the use made of them, perfumes for fumigating may be divided into two groups; those, which develop their fragrance on being burned, called pastels; and those which are simply heated, called fumigating powders.

In making pastels, all of the ingredients must be finely powdered; after which, the essential oils are added.

ORIENTAL PASTIL.

Charcoal .....1½ pounds
Saltpeter .....3½ ounces
Benzoin .....8 ounces
Powdered amber .....3½ ounces
Tolu balsam .....2¾ ounces

PASTIL, A.

Charcoal .....2 pounds
Saltpeter .....3½ ounces
Benzoin .....1½ pounds
Cloves .....7 ounces
Tolu balsam .....7 ounces
Vanilla .....7 ounces
Vetiver root .....7 ounces
Cinnamon .....3½ ounces
Oil of neroli .....150 grains
Oil of santal .....¾ ounce

Dissolve the saltpeter in water; in this and the follow-

ing formulas, add it to the powder, mix well, and then dry, and again reduce to powder.

Pastil, *B.*

Charcoal	2 pounds
Saltpeter	2¾ ounces
Benzoic acid	1 pound
Musk	15 grains
Civet	15 grains
Oil of lemongrass	30 grains
Oil of lavender	15 grains
Oil of clove	15 grains
Oil of rose	15 grains
Oil of thyme	30 grains
Oil of cinnamon	30 grains

Incense Powder.

Benzoin	½ pound
Cascarilla	½ pound
Musk	15 grains
Olibanum	1 pound
Vetiver Root	5½ ounces
Santal wood	1 pound
Saltpeter	3½ ounces
Cinnamon	5½ ounces

Fumigating Papers.

For burning, the papers are first dipped into a solution of saltpeter, (saltpeter dissolved in water) and then dried; after which, it is dipped in a strong tincture of benzoin, (gum benzoin cut, or dissolved, in alcohol) and again dried.

An excellent formula is the following:

Benzoin ..... 5½ ounces
Santal wood ..... 3½ ounces
Olibanum ..... 3½ ounces
Oil of lemongrass ..... 150 grains
Essence of vetiver ..... 1¾ ounces
Alcohol ..... 1 quart

NON-INFLAMMABLE PAPER.

This paper is prepared by dipping it into a hot solution of alum 3½ ounces, to one quart of water; after drying, it is saturated with the following mixture:

Benzoin ..... 7 ounces
Tolu balsam ..... 7 ounces
Tincture Tonka ..... 7 ounces
Essence vetiver ..... 7 ounces
Alcohol ..... 20 ounces

This paper does not burn; can be heated repeatedly and always gives off a pleasant odor.

A cheap fumigating paper may be made by dipping the alum paper into melted benzoin.

FUMIGATING RIBBONS.

These are ordinary cotton lamp wicking, treated with a saltpeter solution, and then with the preceding or following mixture.

The wick is rolled up and placed in a vessel provided with a lamp wick. It is inserted in the burner and lighted.

Benzoin ..... 1 pound
Musk ..... ¾ ounce
Myrrh ..... 3½ ounces

Tolu balsam .....3½ ounces
Tincture of orris root .....1 pint
Oil of rose .....15 grains

FUMIGATING POWDERS.

These powders need only to be heated in order to diffuse a pleasant odor throughout a room.

FUMIGATING POWDER, A.

Benzoin .....3½ ounces
Cascarilla .....1¾ ounces
Lavender .....1¾ ounces
Rose leaves .....1¾ ounces
Santal wood .....1¾ ounces
Olibanum .....3½ ounces
Orris root .....3½ ounces
Cinnamon .....1¾ ounces
Oil of lemon .....75 grains
Oil of clove .....30 grains
Oil of patchouly .....15 grains.

FUMIGATING POWDER, B.

Benzoin .....7 ounces
Cedar wood .....1 pound
Cinnamon .....14 ounces
Lavender .....10½ ounces
Rose leaves .....10½ ounces
Patchouly herb .....3½ ounces
Vetiver root .....3½ ounces
Civet .....150 grains
Oil of bergamot .....¾ ounce
Oil of lemon .....¾ ounce
Oil of neroli .....150 grains

FUMIGATING POWDER, C.

Cinnamon	½ pound
Cloves	½ pound
Orris root	12½ ounces
Storax	12½ ounces
Lavender	1 pound
Oil of clove	3 drachms
Oil of lavender	3 drachms
Oil of bergamot	3 drachms
Oil of lemon	3 drachms

SPANISH SKIN.

Take a piece of chamois, trim it to a square shape, and leave it three or four days in the following mixture:

Benzoin	½ pound
Oil of bergamot	¾ ounce
Oil of lemon	¾ ounce
Oil of lemongrass	¾ ounce
Oil of lavender	¾ ounce
Oil of nutmeg	150 grains
Oil of clove	150 grains
Oil of neroli	1½ ounces
Oil of rose	1½ ounces
Oil of santal	1½ ounces
Tincture of tonka	¾ ounce
Oil of cinnamon	150 grains
Alcohol	1 quart

At the end of the time mentioned, remove the leather from the solution, let it drain, spread it on a glass plate, and when dry coat it on the rough side, by means of a

brush, with a paste, prepared in a mortar, of the following:

Benzoic acid	150 grains
Musk	15 grains
Civet	15 grains
Gum acacia	1 ounce
Glycerine	¾ ounce
Water	1¾ ounces

The leather is now folded in the center, put under a weight, and allowed to dry. The skin will retain the odor for years. It can be placed among papers, in handkerchief boxes, etc. It is generally enclosed in a silk cover.

Spanish Paste.

The following is formed into a paste, by adding water, drop by drop, until, a doughy mass is formed.

It is used for filling scent boxes, etc., and may be cut into squares for the purpose, or placed in vases for perfuming a room.

Ambergris	¾ ounce
Benzoin	1½ ounces
Musk	¾ ounce
Vanilla	¾ ounce
Orris root	¾ ounce
Cinnamon	¾ ounce
Oil of bergamot	1½ ounces
Oil of rose	¾ ounce
Gum acacia	1½ ounces
Glycerine	1½ ounces

CHAPTER XI.

PHYSICAL DEVELOPMENT.

The greatest wealth which this world can bestow upon a woman, is health. It is a blessing far above diamonds or gold; or any other worldly possession. But do the girls and women of this fair land, fully realize the importance of how to so develop their body, by proper exercise and dress, to obtain this greatest of all blessings, health; which, in every case means happiness to themselves, and peace and comfort to all with whom they associate in the home or abroad.

The reason we have so many women to-day with flat chests and drooping shoulders, is because their mothers were ignorant of the laws of health and how to apply them.

When the orchardist plants a tree, he watches its every growth; every branch is constantly under his watchful eye.

But the average mother allows her daughter to bud from childhood into girlhood; then to womanhood without the least concern as to her physical development and training.

Before the age of six, the girl, while at play, receives all the physical exercise which she requires.

From the age of six to ten, she should be instructed in some of the simpler forms of gymnastics.

After the age of ten, and until she reaches the age of eighteen or twenty, she should be instructed and practice persistently the forms of gymnastics suitable for girls.

After the age of twenty, exercises of various kinds

will keep the muscles hard, round and elastic, which is the secret of a perfect figure.

The body is renewed by exercise and an active life.

Every movement tears down old tissue, which is replaced by new force and energy. We only grow old through lack of this new tissue building.

From the age of ten to twenty, various gymnastic exercises should be indulged in for developing the body as a whole. Such games as lawn tennis, basketball, and the like are suitable for amusement and exercise. Horseback riding and rowing, each play their part to advantage.

Walking, if we practice it as a recreation, is the ideal form of exercise.

Running, unless carried to excess, keeps the muscles flexible and strong; while the heart and lungs are stimulated. After active exercise, we should learn how to relax, in order that the muscles may receive the full benefit of the stimulated nervous energy.

It is a difficult task to set aside a number of exercises which would be adapted to an individual need. We must exercise according to the need of our physical structure.

While heavy gymnastics may be of benefit to one person it might be a decided injury to another.

You must study yourself and act accordingly. The trouble with the American people is, they work when they play. They carry their business into their recreation.

While they are playing golf, they mentally study the money market.

While one lady is at an afternoon tea, she is trying to

unravel the mysteries of her new frock at her dress-makers.

I will now endeavor to lay down a few rules or methods of exercise; stating for what each is of benefit. Then you must choose for yourself, according to your needs.

FIRST.

To increase your height. If you are short and wish to grow taller, regardless of your age, you can do so by following the simple instructions here laid down. Each one of the twenty-four vertebrae of the spinal column have between them a pad of white fibrous tissue, called intervertebral ligaments. These ligaments are inelastic in structure, but very elastic by arrangement.

In youth, these ligaments are thicker than in old age; hence after we reach maturity, we gradually become shorter, caused by the ligaments becoming permanently compressed; also, by the drooping of the shoulders.

In order to grow taller, lay down upon the floor, prone upon your back, with your arms at your side. Now stretch yourself to your fullest extent, and maintain that position for a few minutes, but not long enough to exhaust yourself.

Now relax yourself and rest. Then repeat the exercise also bring the arms up from the sides to above the head two or three times during each exercise, which develops the muscles while in this elongated position, helping to make the increase in height permanent.

This exercise is of great benefit to those suffering from nervousness, caused from spinal compression.

To Decrease the Waist Line.

Place the hands on each side, just above the hips, and then bend as far as comfortable from side to side, raising the shoulders during the exercise. This exercise, like all others must be followed persistently and with common sense.

Do not endeavor to reduce the size of the waist all at once; for overzealousness, in any physical exercise, may cause you to become lame and sore; even to the extent of injury to some internal organ.

To Develop the Bust.

Stand erect and bring the right hand around in front, until it rests upon the lower part of the left shoulder blade; while the left hand is brought in the same manner to rest upon the lower part of the right shoulder blade.

Then throw the hands out and back, then return to their former position. A few minutes practice, say ten minutes each day, will soon develop the bust to any desired size; and they will be hard and solid; and of compact and shapely form.

Massage will also aid.

To Develop the Neck About the Collar Bone.

This is one of the most difficult places to develop, and massage had better be employed along with the exercise.

Swing one arm at a time in a circle; then raise and lower the arms as though pulling a bell rope. Then do the same with the other arm, but only practice with one arm at a time. Never use both together.

To Reduce the Abdomen.

Stand erect, then bend, with the knees rigid, and

endeavor to touch your toes; then return to an erect position. Repeat this up to twenty morning and night, and you will be surprised at the result obtained in giving you a neat and trim figure.

TO DEVELOP THE THIGH.

Stand erect and step as high as you can, as though you were stepping over a low fence; with first one foot then the other. If only one limb is to be developd, use the movement only for the one to be developed.

TO DEVELOP THE HIPS.

Stand upon the left foot and take a long step forward with the right foot, then a long step backward with the same foot. Repeat this exercise ten times. Then go through the same exercise, standing upon the right foot.

Now stand upon the left foot, bringing the right foot in front of and around the left foot. Repeat this ten times.

Then stand upon the right foot and repeat the same exercise with the left foot.

TO DEVELOP THE SHOULDER.

Stand firmly upon your feet. Place the palms of the hands together in front of you, then bring them together behind you. Repeat ten times. Let the arms fall at your sides; bring the right arm straight up above your head, let fall to the side; repeat ten times. Now do the same exercise with the left ten times. Now do the same exercise with both arms together. Repeat ten times. Punching a bag will also develop the shoulders; or you can go through the same motion as punching the bag with nearly as good results.

TO DEVELOP THE ARMS.

Close the hands and bring them against the chest. Repeat ten times.

Now bring them against the point of the shoulder. Repeat ten times.

Handling dumb bells or punching bag will also develop the arms.

Swinging Indian clubs will develop the whole body.

END.

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